

GOURMET TRAVELLER

The French issue

Classic flavours: crêpes Suzette, cassoulet, pepper steak, duck pâté
plus perfect crème caramel

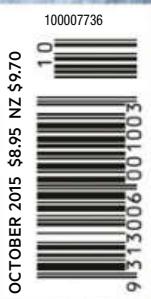
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COLLECTION
(including this platter)



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MARCO PIERRE
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TO COOK LIKE A
FRENCHMAN

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HENRY'S**
GUIDE TO
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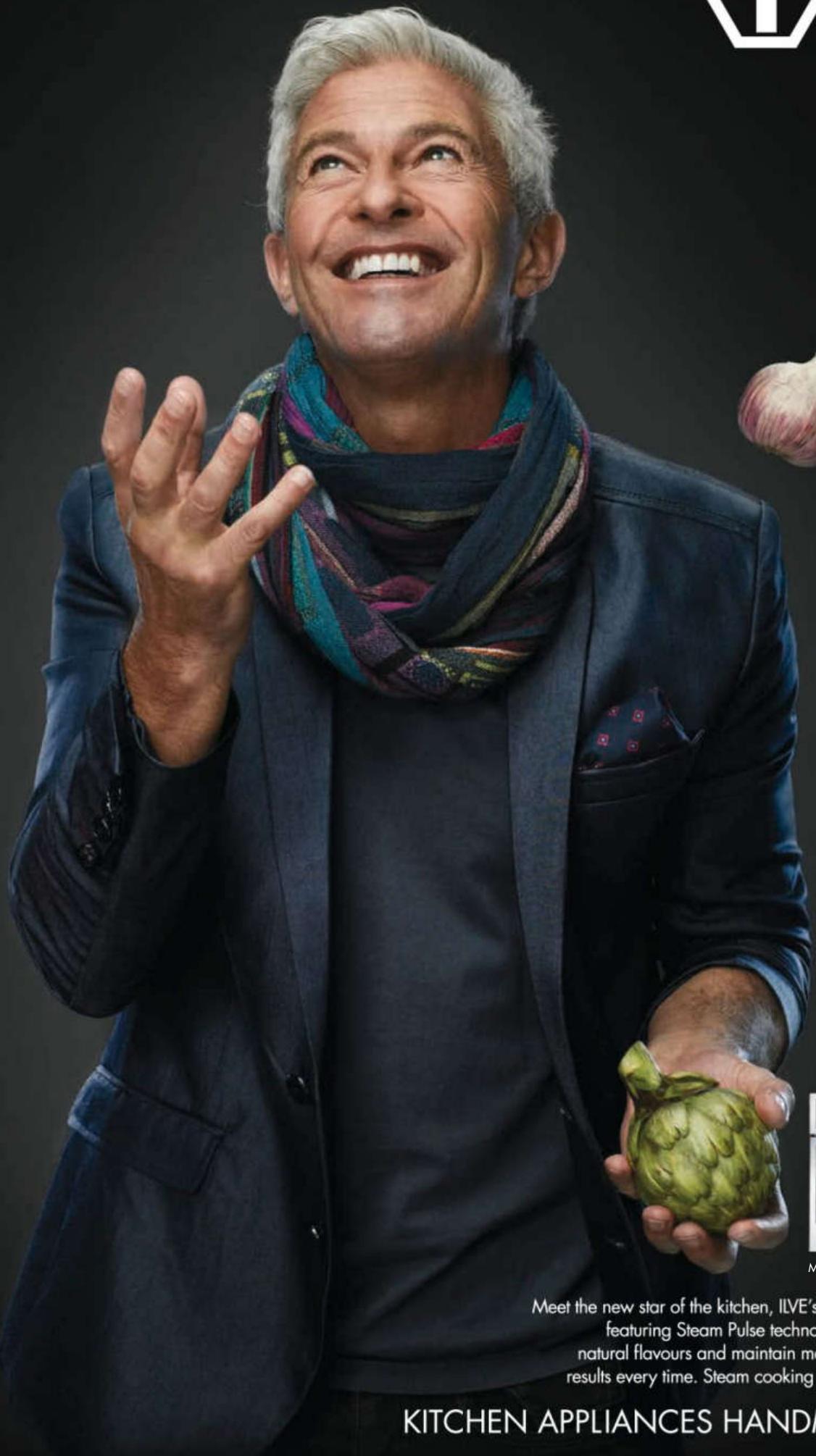
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KITCHEN APPLIANCES HANDMADE IN ITALY

October

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OCTOBER 2015

menus

Put a Gallic spin on entertaining this month with these three French menus and vive la différence.

DRINK SUGGESTIONS MAX ALLEN

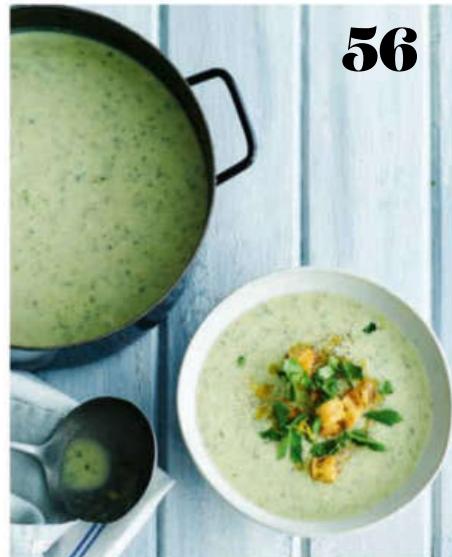
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SEAFOOD LUNCH

Niçoise salad with albacore tuna

(PICTURED; RECIPE P50)

Snapper and mussel pie with baby vegetables, chervil and tarragon (RECIPE P120)

Frozen lemon nougat with walnut praline and raspberries (RECIPE P122)



The best match for Niçoise is pale, dry *rosé* made from full-flavoured grapes such as *mourvedre*: it's the pink wine synonymous with Provence. The same wine – or a light, fresh, crunchy *pinot noir* – would also be great with the fish pie. Wash dessert down with sweet *muscat*, *Beaumes de Venise*, another southern classic.

FRENCH-STYLE AFTERNOON TEA

Chocolate-coffee crêpe cake

(PICTURED; RECIPE P113)

Ginger madeleines with spiced crème Anglaise (RECIPE P150)

Paris-Brest with hazelnut praline cream (RECIPE P145)

Crème caramel (RECIPE P65)



As well as *tea* (black, with lemon) and coffee (dark and strong), offer a range of reviving sweet French wines with these afternoon fancies: *demi-sec Champagne*; *late-harvest chenin* from the Loire, or Alsace *riesling*; a young *Barsac* from Bordeaux; and a slightly fortified *Pineau des Charentes*.

FRENCH DINNER PARTY

Leek and parsley soup

(PICTURED; RECIPE P56)

Côte du boeuf (RECIPE P140)

Vegetable salad with beetroot purée and soubise (RECIPE P119)

Gâteau Opéra (RECIPE P146)



Compare and contrast French and Australian wines over dinner: match the soup with a *blanc de blancs Champagne* and a fine late-disgorged *Tasmanian sparkling*; the côte du boeuf with a Rhône *syrah* and Canberra *shiraz*; and the gâteau with a dark, sweet *Banyuls* from the south of France and a dark, sweet *topaque* from Rutherglen.



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Laying a ***beautiful table*** is one of the most joyful parts of entertaining. Our pages are filled with ***gorgeous tableware*** (and I've never

met a handmade platter that didn't say "buy me"), so it's only natural that we would come to thinking about designing our own ceramics. In this issue we launch the *Gourmet Traveller* Signature Collection by Robert Gordon Australia (see page 100).

Our first range brings a modern, handcrafted sensibility to the ritual of afternoon tea with cake stands and plates, platters and serving vessels in a chic muted palette. A collaboration between *Gourmet Traveller* and Robert Gordon, a third-generation production pottery, each piece of this collection has been designed and handmade in the company's Melbourne workshop.

On behalf of the *GT* team I'd like to extend a very big thank-you to sales and marketing manager Sam Gordon and head of design and development Kate Gordon for helping us realise our vision, and to our good friends at Domayne for their support in embracing the collection with such excitement and enthusiasm.

Whether you buy the entire range or add a couple of accent pieces to your sideboard, I hope you find as much joy having the *GT* range on your table as we've found creating it. The collection plays a starring role in our French pâtisserie story (page 142) and you can buy it online or in Domayne stores from October 1 (see page 100 for a full list of stockists).

Happy October,

Anthea Loucas

PS Tableware is only the beginning. We're already working on the next exciting *Gourmet Traveller* brand extension. See page 95 for a sneak peek.

ON THE COVER *Ginger madeleines with spiced crème Anglaise* (recipe page 150) Recipe & food styling **Emma Knowles** Photography **William Meppem** Styling **Claire Delmar**



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ROSA JACKSON

Food writer and owner of Nice cooking school Les Petits Farcis, Canadian-born Rosa Jackson explores the new energy of France's second city, Marseille. "Partly it's the momentum built

last year as the European capital of culture, and partly Marseille is a natural melting pot of a city," she says. Jackson says she finds the port city more confident and creative than ever, "and still home to some of the world's best pizza". She captures the city's upbeat mood on page 189.



DAVID LESER

Sydney-based author and journalist David Leser thought he knew a bit about France – until he took to the road in the south-west and fell in love with the country all over again. His *route du bonheur*, or road to

happiness (page 162), took him through foie gras, truffle and wine country with pit stops at lodgings fit for the old kings of France. "I don't think I've ever seen such beautiful and diverse countryside, nor eaten so much. And I'm still working off the foie gras," he says.



CARLA COULSON

Born in Australia and a resident of Paris for the past 11 years, photographer Carla Coulson thought she was across the city's best bars, restaurants and cafés until she shot chef James Henry's favourite

haunts (page 154). "I knew James would have a black book of addresses we would all want to see," she says. "Many places were hidden; others I had walked by hundreds of times, but never dared enter. They were all fabulous, and gave me a chance to see Paris with a new energy."



OUR FAVOURITE PLATES OF THE MONTH

GREEN BEANS, CAVIAR AND GARLIC FLOWERS

Mauro Colagreco's eye for outstanding vegetables means that the star in this summery dish isn't the caviar so much as the humble green bean – in this case tiny baby beans plucked from the Ventimiglia market just over the border. Sublime stuff. *Le Mirazur, 30 Avenue Aristide Briand, Menton, +33 4 9241 8686 PAT NOURSE*

SCALLOP AND SMOKED BONE MARROW

Hold the bubbling Gruyère and breadcrumbs – Esquire's pared-back version of coquilles St Jacques gets my vote. Pristine roe-on Tasmanian scallops cooked in their shells with a lick of smoky bone marrow for richness. Pass the rye sourdough and mop up those juices. *Esquire, 145 Eagle St, Brisbane, Qld (07) 3220 2123 FIONA DONNELLY*

FRIED CLAMS

A jumble of oh-so lightly battered and crisply fried clams would have been delicious enough, but it's the hidden mix of a thin basil-infused cream and corn kernels, plus slivers of raw baby corn and a touch of chilli, that elevates them well beyond just a tasty snack. *Ellsworth, 34 rue de Richelieu, 75001, Paris SUE DYSON & ROGER McSHANE*



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BAKED GOODS

Lune rising

Top croissanterie: bigger than ever.

They're the Melbourne croissants that are so good they draw a queue before dawn. Now comes news the sibling team behind Lune Croissanterie are moving in October from their tiny Elwood digs to a warehouse in Fitzroy. "We're going to be dancing the line between making people happy we've moved to Fitzroy and making them angry we've sold out too soon," says co-owner Kate Reid, who kickstarted the croissant cult after serving an apprenticeship at Paris bakery Du Pain et des Idées (see more on page 160).

A partnership with local café proprietor Nathan Toleman helped procure the Rose Street warehouse. But the man behind Top Paddock and Kettle Black is not about to be the Svengali who sends an artisanal product into mass production. "Logistically we're going to do it quite slowly," says Kate. "In fact, initially we're going to pull back to Saturday and Sunday only and not trade on Friday."

Lune currently sells 1200 croissants over three days, which means the pair prepare pastry by hand six days a week. The new space, more than 10 times the size of Lune's previous home, will feel as much like a working bakery as possible. On offer will be 12 to 15 varieties of pastry, each based on Kate's own croissant-pastry recipe. But she doesn't want it to be thought of as a café. "There'll be the option to eat in and have pastry and a coffee," she says, "but nothing else."

Lune Croissanterie, 113 Rose St, Fitzroy, from early October.

luncroissanterie.com LARISSA DUBECKI

CREUSET CONTROL Just when you thought Le Creuset had the spectrum covered in its signature cookware, along comes "Caribbean". Find it at Williams-Sonoma, in-store and online. williams-sonoma.com.au

PHOTOGRAPH MARCEL AUCAR (LUNE CROISSANTERIE) & RODNEY MACUA (RUINART) ILLUSTRATION LAUREN HAIRE

gourmet NEWS

FOOD CULTURE DINING DESIGN

EDITED BY PAT NOURSE & MAYA KERTHYASA

ASK
THE
EXPERTS



HUGH WENNERBOM, PRODUCE GUY

It's salad season; how do you dress yours?

What I know about salads I owe to une femme who took me in as a boarder in Toulouse. Despite falling on hard times, she presented a balanced meal every night. The structure was usually entrée, a simple main course (one night, when we had guests from the country, it was roast pheasant, pick-out-the-buckshot-as-you-eat, with sautéed apples; one of the best meals I've

eaten), then salad, then fruit. The salad was a mix of soil-grown leaves, bought at the bi-weekly market. My favourite was heart of cos, treviso and rocket, dressed with vinaigrette: a teaspoon of Dijon mustard, salt and pepper, red wine vinegar and olive oil. La femme would clean and dry the leaves, place them in a bowl, make the vinaigrette, then pour it down the side of the bowl. After the main course, the salad was tossed and served – a habit I still observe when hosting dinner parties.

I like my salads bitter with a classic vinaigrette: rainbow chard, chicory, kale, dandelion and fennel fronds, snow pea shoots and sprouted mustard. Salad in the French meal is a palate cleanser, a pause – punctuation at its best.



ART OF GOLD

Ruinart has joined forces with French artist Hubert le Gall to create this striking white and gold gift box (\$112.50) for its blanc de blancs. ruinart.com



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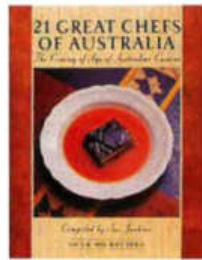
IN October
1991...



WE STAYED
at The Lancaster, Paris



WE ATE
at Rockpool, Sydney



WE READ
21 Great Chefs of Australia



TREND WATCH

Parisian modern

Brentwood bicycles and baguettes are all very well, but there's something chic about contemporary Parisian style *sur la table*. **1** Mantis table lamp, \$975, from Ondene. **2** Fibi crystal candlesticks, large \$125 and small \$95, from Parterre. **3** Tsé & Tsé big sparkling glass, \$135, from Space Furniture. **4** Wine glass, \$15, from Honeybee Homewares. **5** Wine jug, \$185, from Space Furniture. **6** Lobmeyr crystal Alpha pitcher, \$225, and tumblers, \$85 each, from Ondene. **7** Black glass urn, \$175, from The Country Trader. **8** Gold cutlery, \$49 for a five-piece place setting, from West Elm. **9** Mirrored glass tray, \$129, from West Elm. **10** Pink linen napkins, \$25 each, from Pure and General. **11** White organic-edged breakfast plate (top), \$26, and dinner plate, \$39, from The Country Trader. **12** Charcoal linen napkin, \$19, from Honeybee Homewares. **13** Grey linen tablecloth, \$145, from The Country Trader. **14** Tsé & Tsé Igloo tealight holder, \$150, from Pure and General. **15** Glass bowls, large \$59 and small \$29, from Honeybee Homewares. **16** Staub cast-iron mussel pot, \$319.95, from Peter's of Kensington. Stockists p199.

PHOTOGRAPHY SCOTT HAWKINS (PARISIAN MODERN) & RODNEY MACUA (CUP & SAUCER) STYLING AIMEE JONES (PARISIAN MODERN)

CLOUD LINE Salt&Pepper's new Cumulus range takes clouds and turns them into a silver lining, as with this cup and saucer, \$9.95. myer.com.au





TOUT DE SWEETS

Light, soft and subtly scented, these marshmallows from French confectioners L'Atelier des Douceurs put standard campfire staples to shame. They come in fun flavours, too: violet, tangerine, blueberry, coconut and orange blossom among them. Exclusive to Simon Johnson, \$16.95 for a 100gm packet. simonjohnson.com



ACID DROPS

Dress up your dressings with O-Med vinegars (\$12.95, 250ml) from Acula in southern Spain: chardonnay, cabernet sauvignon, moscatel, rosé and cider. bottegarotolo.com.au

GOLD CLASS Miele has unveiled a new regional hub on the Gold Coast. The \$1.2 million venue in the Brickworks Centre showcases everything from the clean-lined Generation 6000 cooking range to its built-in coffee-makers and more. 131 Ferry Rd, Southport, Qld, 1300 464 353



VIVE LA FRANCE-SOIR

Jean-Paul Prunetti of Melbourne institution France-Soir.

ON THE PASS

Jean-Paul Prunetti, France-Soir, Melbourne

What's on the plate at France-Soir in October?

We do a lot more salads and ceviche during spring. Asparagus is the vegetable that I really get excited about. White asparagus, in particular, is very special – the season is short and I like them with black truffles and vinaigrette.

After almost 30 years in the game, what is it about France-Soir that keeps piquing diners' interests?

The consistency of having the same chefs for more than 29 years; people don't have to think twice about coming because they know that they can order from our menu for 12 hours each day, every day of the week.

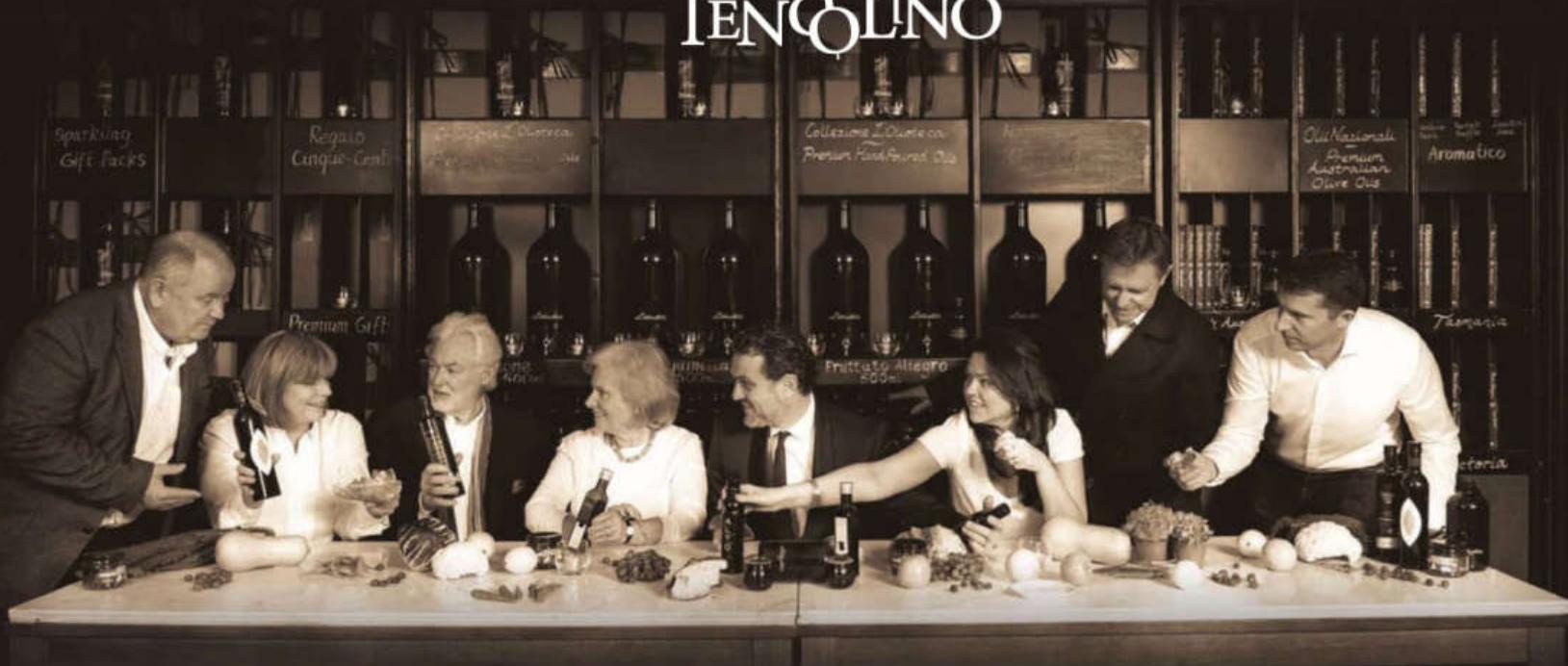
What's your go-to dish when you touch down in France?

The first thing I look for is chicken, so Le Coq Rico in Montmartre is the first place I visit. They specialise in poulet de Bresse, the king of poultry. It's meatier, the flesh is darker and firmer due to the bird's age but, importantly, the flesh has a greater depth of flavour and has not been compromised with moisture. It's cooked to order on a rotisserie, presented to the table and then taken away to be carved. It's served with a jug of hot jus and your choice of side.

How do you cook your chicken at home?

When it's a good bird you don't have to do much to it, just add some salt and pepper, a bit of butter on both sides and there we go. I don't stuff the bird, I just put a bit of lemon on it and cook it with some baby kipflers sautéed in a little duck fat, finished with garlic and parsley. France-Soir, 11-13 Toorak Rd, South Yarra, Vic, (03) 9866 8569, france-soir.com.au

The Restaurant
PENDOLINO



L-R: Peter Olson, Jayne Bentivoglio, Robert Armstrong, Margi Kirkby, Nino Zoccali, Westerly Isbail, Dr Richard Gawel, Leandro Ravetti

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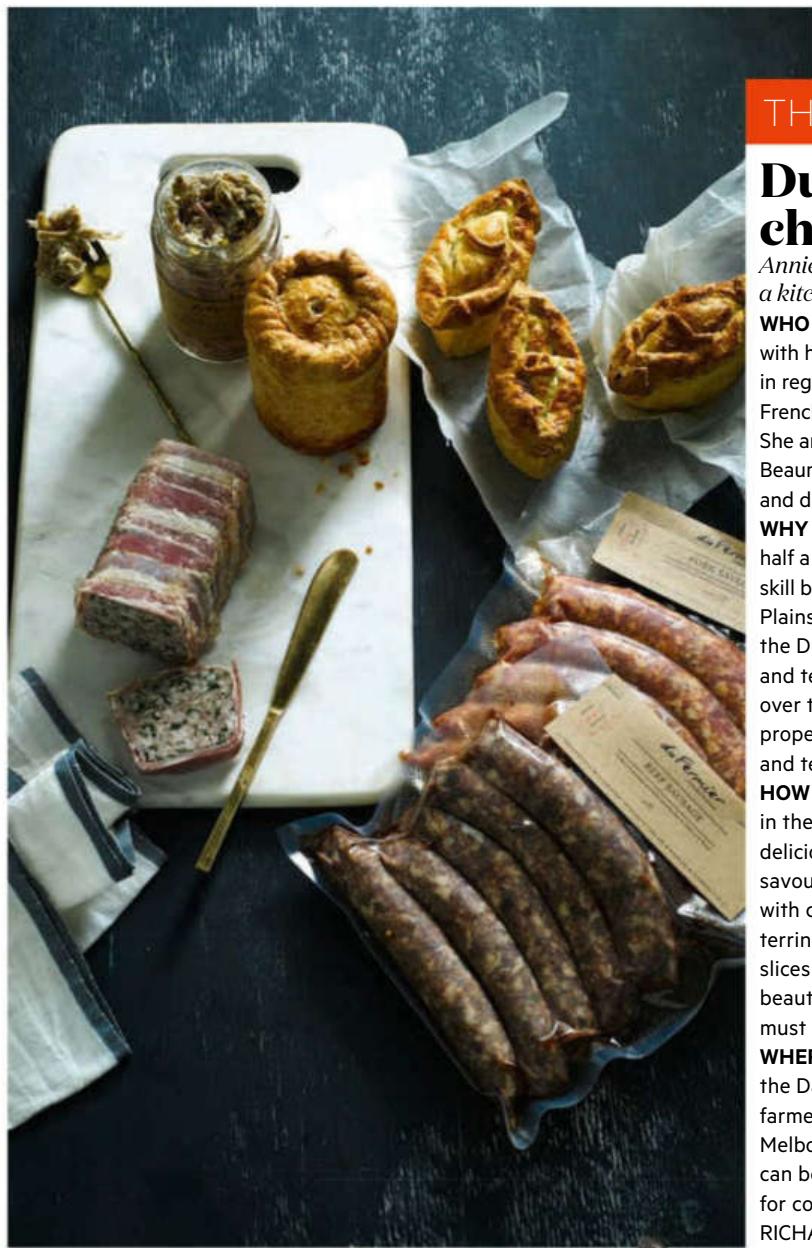


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PHOTOGRAPHY SCOTT HAWKINS (PRODUCERS) & RODNEY MACJUA (PAPERS)
STYLING EMMA KNOWLES. ALL PROPS STYLISTS OWN (PRODUCERS)

THE PRODUCERS

Du Fermier charcuterie

Annie Smithers' charcuterie: coming to a kitchen table near you very soon.

WHO Chef Annie Smithers made her name with her eponymous bistro in Kyneton in regional Victoria before opening the French-inspired Du Fermier in Trentham. She and long-time collaborator Angus Beaumont are fiends for charcuterie, and decided to start selling their own.

WHY Smithers and Beaumont have nearly half a century of training, technique and skill between them. Working with Western Plains Pork and other local producers in the Du Fermier kitchen, the pair uses tried and tested recipes they've accumulated over the years to make fine pastry, and properly seasoned and mixed sausages and terrines that have excellent texture.

HOW Hot-water pastry is an art perfected in the pork pies, which are filled with delicious morsels of pork and topped with savoury jelly. The duck terrine is studded with crisp pistachio nuts, while the pork terrine is wrapped like a meaty gift in fine slices of kaiserfleisch. The entire range is beautifully packaged and presented; a must for the Francophile entertainer.

WHERE Du Fermier charcuterie is sold at the Daylesford, Kyneton and Southbank farmers' markets, at The French Shop in Melbourne's Queen Victoria Market, or it can be ordered online at dufermier.com.au for collection from the restaurant.

RICHARD CORNISH

SOMETHING IN THE AIR Some French cooks remove kitchen smells with Papier d'Arménie (\$8.50 per booklet): slow-burning incense strips that scent the room. essentialingredient.com.au

IRON CHEF

Disclaimer: this wafer iron isn't French. In fact, it's made by a Swedish manufacturer called Skeppshult. But its heavy, pattereded cast-iron base will make for some of the prettiest tuiles around. It's \$198 from funkis.com.



CALENDAR

CATCH OF THE DAY

Join Ryan Squires, owner-chef of Brisbane's Esquire, at Gourmet Institute on 28 October as he talks us through the ins and outs of cooking with sustainable seafood. He'll be at Harvey Norman Aspley. Tickets are \$60 from eventopia.co.

FACE FIRST

Over four days in October, a host of Australian artists (including our very own art director, Anna Vu) will join forces to bring you For the Face, a Sydney exhibition exploring food in art, design and lifestyle. There'll be a string of weekend workshops (cheesemaking with Full Circle's Kristen Allan, for example) and a gallery shop. The fun runs from

8-11 October at Create or Die, 10 Mitchell St, Marrickville, Sydney. createordie.com.au

THE SWEETEST

THING

Melbourne pastry maven Pierre Roelofs hosts another string of his popular dessert evenings on 1, 15 and 29 October. Adriano Zumbo's Fancy Nance provides the setting. A \$68 ticket includes a four-course dessert dégustation. pierreroelofs.com



A FINE KETTLE

Staub's cast-iron kettle-teapot hybrid (\$364.95) looks particularly striking in the new spring colour, Marin Blue. cg.dksh.com.au



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SIGNATURE DRINK

Le Syndicat's Gen'tonique

A bitter and refreshing spring tipple. Sullivan Doh, manager and co-founder at Le Syndicat, one of the most talked-about new bars in Paris, uses only French products in his drinks. In the Gen'tonique the base is Bonal (a fortified wine containing quinine) and Gentiane de Pontarlier mixed with a house-made tonic syrup and sparkling water. These bottles can be hard to find outside Europe, though, and homemade tonic isn't always at hand, so for us Doh suggests the marginally easier-to-find Byrrh in place of the Bonal, Suze ("though it's a bit sweeter") for the gentian hit, and a dry tonic such as Fever-Tree for the mixer. **Le Syndicat, 51 rue du Faubourg-Saint-Denis, 75010, +33 6 66 63 57 60**

> Fill a large tumbler with large ice cubes. Add 20ml Byrrh and 45ml Suze, top with tonic water to taste, garnish with a twist of lemon and serve.

PINOT ON POINT *Don't miss the Burgundy bar at Pinot Palooza, coming to Sydney on 5 October, Melbourne on the 10th and Brisbane on the 11th.* pinotpaloza.com.au

GOURMET TRAVELLER HOT PLATES

Our restaurant critics' picks of the latest and best eats, updated weekly on our website:

gourmettraveller.com.au

MELBOURNE

Dinner by Heston

Blumenthal opens this month in the former Fat Duck pop-up space at Crown, following the Duck's recent sell-out antipodean stint. Like the original Dinner in London, the 120-seat Melbourne version will present modern takes on historical British recipes. Executive chef of Dinner worldwide, Ashley Palmer-Watts, will travel between his London base and Australia after spending the opening months Down Under, while the London restaurant's manager, Jonno Forbes, will relocate to Melbourne. The opening coincides with the reopening of Blumenthal's renovated The Fat Duck in the UK.

BRISBANE

Star Brisbane baker Jocelyn Hancock is cooking up a new West End store, her first venue since the sale of Jocelyn's Provisions in 2009. **Cake & Bake** will début this month at 296 Montague Road, selling everything from Hancock's cakes to savouries, preserves and more.

NEW YORK

Michael White, a chef best known for his Italian seafood cooking at Marea on Central Park South,

channels the French side of his culinary background at **Vaucluse**, a new restaurant on 63rd Street. Despite the name, Vaucluse doesn't specialise in the food of southern France (nor the eastern suburbs of Sydney), but covers a spread of brasserie classics from all over France.

SYDNEY

Former 10 William St chef Daniel Pepperell has left Paddington to head the kitchen at **Restaurant Hubert**, a new CBD venture that will be the first proper restaurant from Anton Forte and Jason Scott, the bar tsars behind Shady Pines, The Baxter Inn and Frankie's. Hubert will open, serving old-school European with a French bent, in early 2016 in a Bligh Street basement site. Former Garagistes chef and co-owner Luke Burgess, meanwhile, takes the reins at 10 William St for the next three months.



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Cheeseboards

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PHOTOGRAPHY SCOTT HAWKINS STYLING AIMEE JONES VINTAGE FRENCH MAPS FROM ICI ET LÀ, "TAN" SPREADER FROM COUNTRY ROAD, MUSCATELS, DEHESA DE LOS LLANOS CHEESE (ON BOSKA BOARD), JANNEI BUCHE NOIR CHEESE (ON BOARD 10), BLEU DES BASQUES CHEESE ON FLIP FLOP BOARD, AND THE FINE CHEESE CO. CHARCOAL SQUARE CRACKERS AND FENNEL CRACKERS FROM SIMON JOHNSON. STOCKISTS P199.

1 Salt & Pepper fromage rectangular wooden board, \$89.95, from Myer. **2** Barton marble rectangular board, \$69.95, from Country Road. **3** Have You Met Miss Jones blue chopping board, \$38.95, from The Bay Tree. **4** Caravan black marble cheeseboard, \$54.95, from Papaya. **5** Brooklyn Slate Co cheeseboard, \$59.95, from Simon Johnson. **6** Marble Basics equilateral triangle trivet, \$75, from Koskela. **7** Véronique Maire for Y'a Pas le Feu au Lac serving platter, \$80.50, from Top 3 by Design. **8** Boska "Petit Paris" oak cheeseboard (comes with a cover), \$99.95, from Royal Selangor. **9** Flip Flop Slip

round platter, \$110, from The Fortynine Studio. **10** The Big Chop round Tasmanian blackwood cheeseboard, \$69.95, from Wedding List Co. **11** Black and white marble cheeseboard, \$55, from Weylandts. **12** Marble cheese set, \$16.95, from Forage & Find Co. Stockists p199.

READER DINNER



CONTACT

Scan this page with the free **viewa** app to contact the restaurant and make your booking.

Brasserie chic

Missy French, Josephine Perry's new brasserie, brings more than a touch of glam to Sydney's Potts Point. Join us for a soirée of French-accented good times.

The apple doesn't fall far from the tree. Or at least it doesn't in the case of the new generation of the Perry clan. At the ripe old age of 21, Josephine Perry, eldest daughter of Rockpool Group founder Neil Perry, has become a restaurateur in her own right.

La fille Perry's début, Missy French, brings a polished French-accented package to Sydney's Potts Point, and there's no skimping on the glamour. Grant Cheyne, a designer who has done no small amount of work for Perry père, has wrought a chic, contemporary look in shades of grey picked out in careful, elegant lighting. White-shirted staff glide between crisply clothed tables dispensing good drops from a French-Australian wine list put together by Rockpool Bar & Grill sommelier Richard Healy. In the kitchen, too, things are kept in the family, with Chris Benedet, a Rockpool chef, composing tight, full-flavoured plates.

For this month's Fine Dining Lovers' reader dinner, the Missy French team present a menu of French classics, including chicken liver parfait, suckling pig sausage with pomme purée and chocolate délice with banana and rum sorbet, all accompanied by Healy's wine matches. "Expect a great night with tasty food and delicious wine," says Perry the younger. "And hopefully lots of laughs."

Join us for dinner at 6.30pm on Monday 26 October at Missy French, 22 Rockwall Cres, Potts Point, NSW. The cost of \$120 per person includes three courses, wines by the glass, Sanpellegrino water and a \$10 donation to the Ovarian Cancer Research Foundation. To book, call (02) 8599 4912. For more on the OCDF, call 1300 OVARIAN or visit ocrf.com.au.

MENU DU JOUR

Above: Josephine Perry and chef Chris Benedet; chicken liver parfait with Iggy's sourdough.

MISSY FRENCH

* Chicken liver parfait with Iggy's sourdough

* Prawns with sauce vierge

2014 Denis Pommier Petit-Chablis, Burgundy

* John Dory Grenobloise

* Suckling pig sausage with pomme purée and jus

2013 Glaetzer-Dixon Pinot Noir "Avancé", Tasmania

* Chocolate délice with banana and rum sorbet

* Rhubarb and strawberry Eton mess

2011 Terre à Terre Botrytis Pinot Gris, South Australia

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BOEUF HEADS

Take a bite out of our selection of French beef recipes, with everything from a simple char-grilled sirloin with garlic butter to an ultra-trad pot-au-feu that's sure to impress.

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CRÊPES SHOW

Sweet or savoury? Breakfast, lunch or dessert? Take your pick from more than two dozen of our best-ever pancake recipes from around the world – okonomiyaki, dosai and more.



JUST THE CURE

Big fan of charcuterie but want to try something new? We have some great ideas online – a choucroute of pork, pickled cabbage and smoked sausage is surely soon to be one of your go-to meals.

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FRENCH FANCIES

Soufflés, madeleines, clafoutis, Pithiviers... the French know their way around an oven. Head to our website for a collection of the greatest hits of French baking.



Video

Watch Emma Knowles make the ginger madeleines with spiced crème Anglaise on our cover, and catch the secrets of Missy French chef Chris Benedet's crème brûlée.

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in this issue



SCOOP Check out our restaurant critics' hot new picks. Turn to **page 36**.

SHOP Keep it quick and easy. See **page 57** for a shopping list for our Gourmet Fast recipes and pick up our Gourmet Fast app with up to 140 recipes.

CONNECT Get the full menus or contact this month's reviewed restaurants, Melbourne's ESP (**page 77**) and Missy French in Sydney (**page 85**), at the touch of a fingertip.

BOOK Secure your place at this month's reader dinner at Sydney's Missy French (**page 40**).

WATCH Emma Knowles makes the ginger madeleines with spiced crème Anglaise on our cover (**page 143**), and see chef Chris Benedet create Missy French's crème brûlée (**page 85**).

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EVENT DETAILS

CHEF
DARREN ROBERTSON

TOPIC
SPRING HARVEST

LOCATION
HARVEY NORMAN @ DOMAYNE,
84 O'RIORDAN ST,
ALEXANDRIA, NSW

DATE & TIME
7PM, WEDNESDAY 14 OCT

TICKETS
\$60 EACH

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EVENT
9

Oct

14

SYDNEY



DARREN ROBERTSON

A romp in the fields with the Three Blue Ducks could yield the likes of raw steak with pickled carrots and salsa verde or squid with blood orange, chorizo, spelt and black garlic.

SPRING HARVEST with Darren Robertson THREE BLUE DUCKS

After flying north to their new Byron Bay roost for the winter, everybody's favourite Blue Ducks have come back to the nest with great produce and even better ideas.

Darren Robertson and the Three Blue Ducks gang have spread their wings this year, and now divide their time between their home base in Sydney's beachy Bronte and The Farm, their new establishment just outside Byron Bay (the fact that there's quality surfing in both locales, ladies and gentlemen, is by

no means a coincidence). The Ducks have had an affinity with the land all along, but now that they've expanded their holdings from a patch out the back to some serious acreage, their food is fresher than ever. Make the most of the season with the fun and flavoursome likes of raw flank steak with salsa verde and pickled carrots.

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EVENT
10

Oct

28

BRISBANE



RYAN SQUIRES

Ryan Squires' pursuit of top-quality produce is the stuff of local legend, but the Esquire chef balances his perfectionism in the kitchen with a commitment to environmental sustainability.

SEAFOOD SIMPLICITY with **Ryan Squires** **ESQUIRE**

Nothing if not passionate, Ryan Squires has an obsession with seafood that's been harvested sustainably – and prepared with flair. This is truly fish for compliments.

As chef and owner of Queensland's top-rated restaurant, young-gun Ryan Squires is riding high. But Squires, a graduate of some of the most high-pressure fine-dining kitchens in the world, has never been one to rest on his laurels. Top-quality seafood has always been one of the hallmarks of his cooking, and he knows the best of the

catch from Queensland and beyond like the back of his hand. But he's just as concerned with the environmental impact of fishing as he is with the quality of his fish; in this session he'll address the question of how to put something on the plate that's not only simple and delicious, but also environmentally responsible.

FOR THE RECIPES FROM THIS EVENT
VISIT HN.COM.AU/GOURMET-INSTITUTE



EVENT DETAILS

CHEF
RYAN SQUIRES

TOPIC
SEAFOOD SIMPLICITY

LOCATION
HARVEY NORMAN ASPLEY,
1411-1419 GYMPIE RD,
ASPLEY, QLD

DATE & TIME
7PM, WEDNESDAY 28 OCT

TICKETS
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Fare exchange

Recipes you've requested from Australia's leading restaurants.

STOKEHOUSE Niçoise salad with albacore tuna

LES BISTRONOMES Snapper and clams en papillote with tarragon beurre blanc

HELL OF THE NORTH Navarin of lamb

SOURCE DINING Dark chocolate délice, salted-caramel ganache and chocolate sorbet



Stokehouse's Niçoise salad
with albacore tuna (RECIPE P50)

LAMB Tab FR napkin by Society Limonta from Ondene (used throughout). Clear as Mud glass jug from Forage & Find Co. Tolix "Chaise A" chair from Thonet (used throughout).

SALAD Flip Flop platter from The Forty-nine Studio. Dinner plate from Mud Australia. Tori salad servers from Country Road. All other props stylist's own. Stockists p199.

Hell of the North's navarin
of lamb (RECIPE P50)



REQUEST A RECIPE



To request a recipe, write to
Fare Exchange, *Australian Gourmet Traveller*,
GPO Box 4088, Sydney, NSW 2001, or
email fareexchange@bauer-media.com.au.
Please include the restaurant's name and
address or business card, as well as your
name and address.

"The snapper en papillote at Les Bistronomes is so good I make up excuses to go to Canberra so I can have it. Any chance I can have the recipe?"

Barbara Nash, Seaforth, NSW

Snapper and clams en papillote with tarragon beurre blanc

Prep time 40 mins, cook 50 mins

Serves 4

- 2 whole snapper (800gm each), cleaned
- 12 diamond-shell clams (see note)
- Steamed kipflers tossed in a brown butter and chopped flat-leaf parsley, to serve

Tarragon beurre blanc

- 375 ml dry white wine
 - 1 golden shallot, finely chopped
 - 1 each thyme sprig and fresh bay leaf
 - 1 tbsp finely chopped tarragon, stalks reserved
 - 1 small star anise
 - ½ tsp each white peppercorns, fennel seeds and coriander seeds
 - 50 ml pouring cream
 - 250 gm cold butter, cut into 2cm dice
- Saffron leeks**
- 50 gm butter, diced
 - 3 leeks (white and pale green parts only), halved lengthways and thinly sliced
 - Large pinch of saffron threads
 - 80 ml (½ cup) pouring cream

- 1 For tarragon beurre blanc, bring white wine, shallot, thyme, bay leaf, tarragon stalks, star anise, white pepper, fennel and coriander seeds to the boil in a large saucepan and reduce to 75ml (10-15 minutes). Strain into a clean saucepan and bring to a simmer over medium heat, then whisk in cream. Reduce heat to very low and gradually whisk in butter a piece at a time until thick and smooth, then stir in tarragon leaves and season to taste. Keep warm.
 - 2 For saffron leeks, melt butter in a saucepan over medium heat. Add leeks and saffron, season to taste, reduce heat to low and sauté, stirring occasionally, until almost tender (2 minutes). Add cream and simmer, stirring occasionally, until leeks are tender (2-3 minutes). Set aside.
 - 3 Preheat oven to 180°C. Place a sheet of foil large enough to enclose one of the snapper on a work surface and top with a sheet of baking paper. Spread half the saffron leeks in the centre to cover an area slightly smaller than the fish, then top with a snapper, half the clams and cover with half the beurre blanc. Place another sheet of baking paper on top, cover with another sheet of foil, then fold edges around fish to enclose and seal well. Repeat with remaining ingredients to make a second parcel. Bake on a tray until a thermometer inserted into the parcel reads 52°C or a skewer inserted is warm to hot when touched to your lips (28-30 minutes). Open parcels carefully as hot steam will escape and serve fish from parcel with potatoes.
- Note** Diamond-shell clams are available from fish markets and select fishmongers.



Les Bistronomes' snapper and clams en papillote with tarragon beurre blanc

"I love the Niçoise salad at Stokehouse Brisbane. Would you ask for the recipe?"

Danielle West, Belmont, Qld

Niçoise salad with albacore tuna

Prep time 30 mins, cook 30 mins

Serves 4 (pictured page 48)

- 200 gm small kipfler potatoes
 - 250 gm green beans, trimmed
 - 2 eggs
 - 2 tsp extra virgin olive oil
 - 2 (2cm thick, 300gm each) albacore tuna steaks (see note)
 - 300 gm heirloom cherry tomatoes, coarsely chopped
 - 100 gm (½ cup) mixed pitted olives
 - 2 cups (loosely packed) small mixed salad leaves, such as mesclun
 - 2 tsp capers in vinegar, drained
 - 2 radishes, cut into julienne
 - 2 anchovy fillets, finely chopped
 - 1 red shallot, thinly sliced
 - Small or micro purple and green basil leaves, to serve
- Mustard dressing**
- 2 tbsp extra-virgin olive oil
 - 1 tbsp red wine vinegar
 - 2 tsp Dijon mustard
 - ½ clove garlic, finely chopped
 - 2 tsp finely chopped flat leaf parsley

- 1 Cover potatoes in a saucepan with plenty of cold salted water and bring to the boil. Reduce heat and simmer until tender (15-20 minutes), then drain and cut into about 7mm-thick slices.
- 2 Meanwhile, blanch green beans until tender (1 minute; see cooks notes p200), then refresh and thinly slice crossways.

3 Place eggs in a small saucepan, cover with cold water and bring to the boil, then simmer over medium heat until hard-boiled (7 minutes). Drain, refresh in an ice bath to cool completely (2-3 minutes), then peel and cut into small pieces.

4 Heat a barbecue or char-grill pan over high heat. Season potatoes and tuna to taste and gently toss each with 1 tsp olive oil to coat and grill until charred on all sides (4-5 minutes for potatoes and 3 minutes for tuna). Leave tuna to rest for 2 minutes, then cut into 2cm dice.

5 For mustard dressing, whisk ingredients in a small bowl and season to taste.

6 Combine tomatoes, olives, salad leaves, capers, radish, anchovies, shallot, potatoes, beans and egg in a bowl. Transfer to plates, drizzle with dressing, scatter with tuna and herbs and serve.

Note Order albacore tuna, a more sustainable variety with pale flesh, from your fishmonger.

"I love lamb and this navarin from Hell of the North is one of my favourites. Would they share the recipe?"

Anya Kumar, Richmond, Vic

Navarin of lamb

Prep time 35 mins, cook 1½ hrs (plus cooling, resting)

Serves 4 (pictured page 49)

- 1½ kg boneless lamb shoulder
- 100 ml olive oil
- 1 each large onion and carrot, diced
- 150 gm butter
- 250 ml (1 cup) dry white wine
- 4 vine-ripened tomatoes, diced
- 1 turnip, peeled and diced



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DÉLICE Harlequin plate from Seasonal Concepts. Tapas coffee cup from Country Road. All other props stylist's own. Stockists p199.

- 4 cloves garlic, thinly sliced
- 2 sprigs each of rosemary and thyme
- 1 fresh bay leaf
- 1 litre (4 cups) chicken stock
- 8 baby turnips, peeled
- 80 gm (½ cup) podded peas (about 200gm unpodded)

- 1 Tie lamb into a roll about 30cm long and 8cm diameter and secure with kitchen string every 3cm (or ask your butcher to do this). Cut in half crossways to make 2 rolls about 15cm long.
- 2 Heat oil in a casserole or saucepan that holds the lamb snugly over high heat. Add lamb and brown all over (5-6 minutes), then remove lamb and set aside. Add onion, carrot and butter to pan, reduce heat to medium and sauté until softened and edges are starting to brown (5 minutes). Deglaze pan with wine and simmer until slightly reduced (3-4 minutes).
- 3 Return lamb to pan with tomato, diced turnip, garlic and herbs. Pour in enough chicken stock to just cover lamb (add water if needed to cover completely), season to taste, cover and simmer gently over medium-low heat until lamb is tender (1-1½ hours). Set aside in stock for 30 minutes to rest, then skim fat from the top of stock.
- 4 Remove lamb from pan and strain sauce through a fine sieve into a large frying pan. Reduce stock over high heat until it reaches a glaze consistency (15-20 minutes). Keep warm.
- 5 Meanwhile, cook baby turnips in a saucepan of boiling water until tender (4-5 minutes), remove with a slotted spoon and set aside. Blanch peas until just tender (1-2 minutes; see cook's notes p200), then drain.
- 6 To serve, remove string from lamb, thickly slice and place on plates, spoon sauce over and top with baby turnips and peas, and season to taste.

"The délice from Source Dining is a winner. May I have the recipe?"

Rebecca Ward, Fitzroy, Vic

Dark chocolate délice, salted-caramel ganache and chocolate sorbet

**Prep time 1 hr 15 mins, cook 30 mins
(plus cooling, chilling, setting)**

Serves 6

- 125 gm dark chocolate (55%-70% cocoa solids), finely chopped
- 30 gm butter, diced
- 2 egg yolks, lightly beaten
- 4 eggwhites
- 40 gm caster sugar
- Coarsely chopped roasted walnuts and double cream, to serve
- Chocolate mousse**
- 135 gm dark chocolate (70%-75% cocoa solids), finely chopped
- 1 egg
- 1 egg yolk
- 35 gm caster sugar
- 35 ml white rum

Source Dining's dark chocolate délice, salted-caramel ganache and chocolate sorbet



- 1 titanium-strength gelatine leaf, softened in cold water for 5 minutes
- 250 ml (1 cup) pure cream, whipped
- Chocolate sorbet**
- 225 gm dark chocolate buttons (55% cocoa solids)
- 110 gm caster sugar
- 100 ml milk
- 55 ml liquid glucose
- Salted-caramel ganache**
- 75 gm caster sugar
- 2 tsp liquid glucose
- 50 ml pouring cream
- 20 gm cold butter, diced
- 25 gm dark chocolate buttons (55% cocoa solids)

- 1 Preheat oven to 170°C and butter and line a 22cm-square cake tin. Melt chocolate and butter in a bowl over a saucepan of simmering water (5-7 minutes), cool slightly (3-4 minutes), then mix in egg yolks. Meanwhile, beat eggwhites in an electric mixer until frothy. While whisking, gradually add sugar and whisk until firm peaks form (2-3 minutes). Fold eggwhite into chocolate mixture in batches, then spoon into prepared tin and bake until a skewer inserted withdraws clean (15-18 minutes). Set aside to cool in tin (1 hour). Butter a 6cm-deep, 10cm x 20cm loaf tin and line it with a double layer of plastic wrap. Halve the chocolate sponge and place one half in the base of the tin and set aside.
- 2 For chocolate mousse, melt chocolate in a bowl over a saucepan of simmering water (5-7 minutes). Whisk egg, yolk and sugar in an electric mixer until thick and pale (3-4 minutes). Heat rum in a small saucepan until warm, then remove from
- 3 For chocolate sorbet, place chocolate into a heatproof bowl. Bring sugar, milk, glucose and 400ml water to the simmer. Remove from the heat, add 125ml of milk mixture to chocolate, leave to stand for 1 minute, then stir until melted and smooth, add remaining milk mixture. Chill in refrigerator, stirring occasionally, for 1 hour, then churn in an ice-cream machine (makes 850ml). Transfer to a container, cover and freeze until required.
- 4 For salted-caramel ganache, combine sugar, glucose and 1 tbsp water in a saucepan over medium-high heat and stir to dissolve sugar, then brush any sugar from sides of pan with a clean wet pastry brush and bring to the boil and cook, without stirring, until caramel forms (3-5 minutes). Meanwhile, heat cream and a large pinch of sea salt flakes until just warm (don't boil). Remove caramel from heat and slowly stir in the warmed cream. Add butter a little at a time, stirring well between additions, then when the butter is melted, add chocolate and stir until smooth. Transfer to a bowl and set aside to cool (1 hour).
- 5 Turn out délice and cut into 6 pieces with a sharp wet knife. Serve délice with a quenelle of sorbet topped with walnuts and a spoonful of salted-caramel ganache and double cream.



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Quick meals

These midweek dishes with a French twist by **Emma Knowles**
will be on the table *en un rien de temps*.

- 1 Asparagus and goat's curd tartines
- 2 Poached prawns with cucumber, chervil and lamb's lettuce salad
- 3 Eggs piperade
- 4 Leek and parsley soup
- 5 Roast chicken with tarragon butter and Dutch carrots
- 6 Lamb racks with white beans and pistou
- 7 Mustard-crusted roast beef with peas à la Française
- 8 Seared tuna with potatoes, baby beans, frisée and olive vinaigrette
- 9 Roast strawberries with crème fraîche and candied fennel seeds



TARTINE
Blue napkin from
The Bay Tree.
All other props
stylist's own.
Stockists p199.

1 Asparagus and goat's
curd tartine (RECIPE P56)

1 Asparagus and goat's curd tartines

New-season asparagus and goat's curd make a perfect pairing, though poached eggs with this dish also wouldn't go astray.

Makes 8 (pictured p55)

- 8 thick slices sourdough bread
- Olive oil, for drizzling
- 1 garlic clove, halved
- 3 bunches asparagus, tough ends trimmed
- 200 gm goat's curd
- Herb salad**
- 1 cup (loosely packed) mixed soft herbs, such as mint, parsley, chives, chervil, tarragon and basil
- 2 tbsp extra-virgin olive oil
- 1 tbsp white wine vinegar
- A squeeze of lemon juice, to taste

- 1 Preheat oven to 220C. Drizzle bread slices with oil, season to taste and grill, turning once, until toasted on both sides (4-5 minutes). Rub bread with cut-side of garlic and set aside.
- 2 Place asparagus in an oven tray, drizzle with oil, season to taste and roast, turning occasionally, until tender and slightly charred (2-3 minutes).
- 3 Meanwhile, for herb salad, toss ingredients in a bowl to combine and season to taste.
- 4 Spread toast with goat's curd, top with asparagus and herb salad and serve warm.

2 Poached prawns with cucumber, chervil and lamb's lettuce salad

French cooks are renowned for composed salads that make the most of whatever is in season. This version makes for a super-fresh light lunch or dinner. We've used baby cucumbers here, but if they're unavailable, Lebanese cucumbers would work well, too.

Serves 4 as a light meal

- 16 medium uncooked prawns
- 200 ml dry white wine
- 2 golden shallots, 1 coarsely chopped and 1 thinly sliced
- ½ celery stalk, coarsely chopped
- 3 thyme sprigs
- 1 garlic clove, halved
- 350 gm baby cucumbers, halved, coarsely chopped
- 1½ tbsp white wine vinegar
- 50 ml olive oil
- Juice of ½ lemon, or to taste
- Baby lamb's lettuce, watercress sprigs and chervil, to serve

1 Combine prawns, wine, chopped shallot, celery, thyme, garlic and 150ml water in a saucepan and bring to a simmer over medium-high heat. Remove from heat and stand to cook prawns through (5 minutes). Drain prawns (discard cooking liquid), peel, leaving tails intact, and devein.

2 Combine cucumber, sliced shallot and vinegar in a bowl and stand to infuse for 5 minutes. Add oil and lemon juice, season to taste and toss to combine, then add prawns and toss to coat. Arrange in layers on a platter, scatter with baby lamb's lettuce, watercress and chervil and serve.

3 Eggs piperade

Eggs piperade is a classic French Basque dish and a highly versatile one at that – it's equally at home on the breakfast table as it is dinner or lunch.

Serves 4

- 50 ml olive oil
- 1 onion, thinly sliced
- 1 red capsicum, thinly sliced
- 1 yellow capsicum, thinly sliced
- 2 garlic cloves, finely chopped
- 2 tomatoes, diced
- 6 eggs, lightly beaten
- Thyme sprigs and coarsely chopped flat-leaf parsley, to serve
- Crusty baguette and butter, to serve

1 Heat oil in a large frying pan over medium-high heat. Add onion, capsicum and garlic, cover and cook, stirring occasionally, until very tender (8-10 minutes). Add tomato, season to taste and simmer uncovered until beginning to break down (4-5 minutes). Gently stir in egg and cook, stirring occasionally, until scrambled (3-4 minutes). Scatter with thyme and parsley and serve hot with a crusty baguette and butter.

4 Leek and parsley soup

This light soup makes a hero of tender leeks, while a generous amount of parsley brings a burst of grassy freshness. To take it gluten-free, add a swirl of crème fraîche in place of the croûtons.

Serves 4-6 as a light meal

- 70 gm butter, diced
- 3 leeks, rinsed well, thinly sliced
- 2 celery stalks, thinly sliced
- 2 garlic cloves, finely chopped
- 1 floury potato (such as sebago, about 250gm), coarsely grated

2 thyme sprigs

1 fresh bay leaf

1 litre (4 cups) chicken or vegetable stock

150 ml pouring cream

1 cup (firmly packed) flat-leaf parsley, plus extra coarsely chopped, to serve

1 cup (firmly packed) baby spinach leaves

Buttery croûtons

120 gm butter, diced

2 thin slices day-old sourdough bread, crusts removed, cut into cubes

Juice of ½ lemon and finely grated rind of 1 lemon

1 Melt butter in a large saucepan over medium-high heat, add leek, celery and garlic and stir occasionally until tender but not coloured (4-5 minutes). Stir in potato, thyme and bay leaf, season to taste, then add stock and cream. Bring to a simmer, half-cover with a lid and continue to simmer until well flavoured and potato is tender (5-10 minutes). Discard thyme and bay leaf. Add parsley and spinach and stir until wilted, then purée with a hand-held blender and adjust seasoning to taste.

2 Meanwhile, for buttery croûtons, melt butter in a frying pan over medium-high heat. Add bread and fry, stirring occasionally, until golden brown (4-5 minutes). Strain butter through a heatproof sieve into a metal bowl and stir in lemon juice. Toss croûtons with lemon rind in a separate bowl.

3 To serve, ladle soup into bowls, scatter with croûtons, drizzle with a little hot butter and scatter with chopped parsley.

5 Roast chicken with tarragon butter and Dutch carrots

We've butterflyed the chicken so it cooks faster while still getting the benefits of the flesh being cooked on the bone. Ask your butcher to butterfly the bird for you.

Serves 4

- 1 butterflied chicken (about 1.6kg)
Juice and finely grated rind of 1 lemon

- 2 bunches Dutch carrots, trimmed, scrubbed, halved

- 2 tbsp olive oil

- 2 tsp coarsely chopped thyme
Green leaf salad dressed with vinaigrette, to serve

Tarragon butter

200 gm softened butter

¼ cup finely chopped tarragon

2 garlic cloves, finely chopped

Finely grated rind of 1 lemon

1 tbsp finely chopped thyme

1 Preheat oven to 220C. For tarragon butter, process ingredients in a food processor until smooth, season to taste and set aside.

2 Place chicken on an oven tray lined with baking paper, pat dry with paper towels, then spread skin thickly with tarragon butter (it's easiest to do>

2 Poached prawns with cucumber, chervil and lamb's lettuce salad



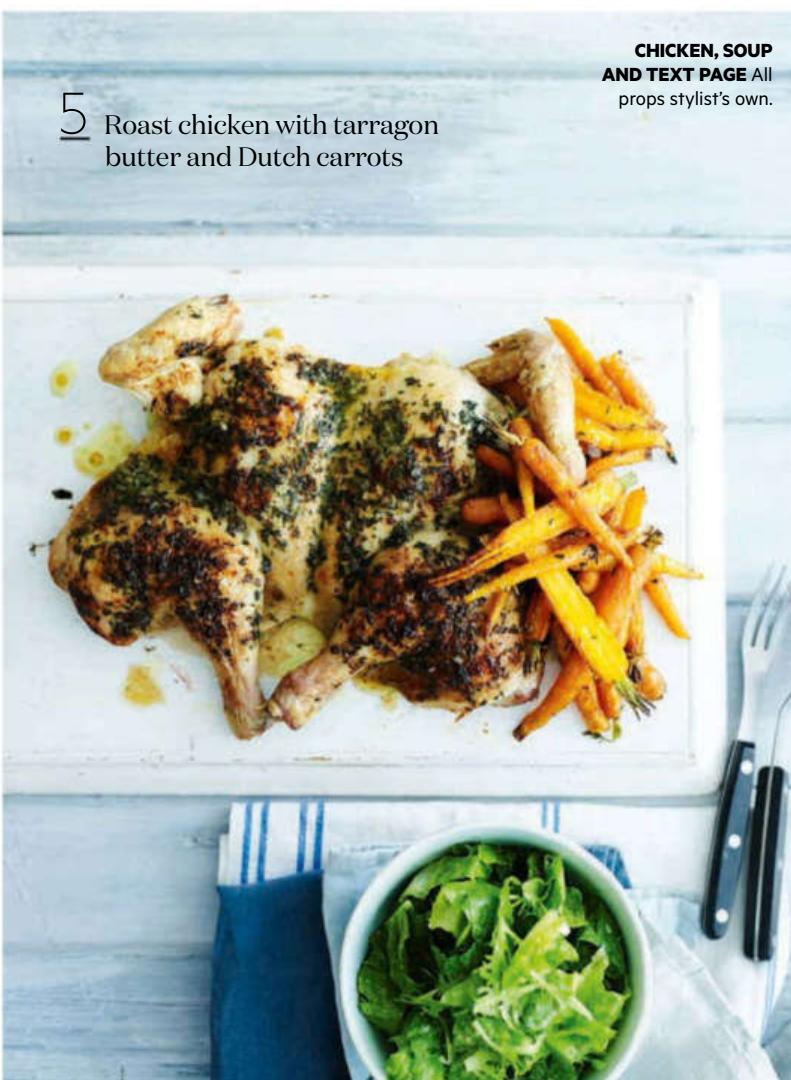
PIPERADE All props stylist's own. **PRawn SALAD** Tony Sly plate from The Bay Tree. All other props stylist's own. Stockists p199.

3 Eggs piperade



CHICKEN, SOUP AND TEXT PAGE All props stylist's own.

5 Roast chicken with tarragon butter and Dutch carrots

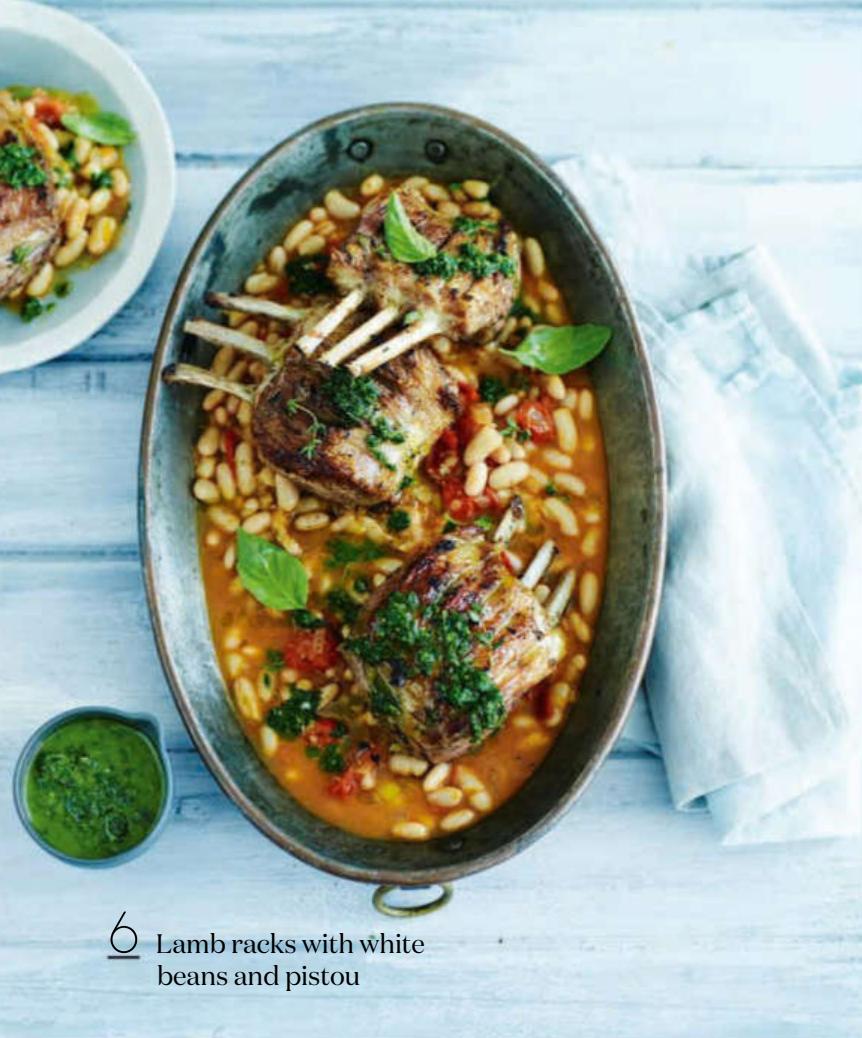


4 Leek and parsley soup



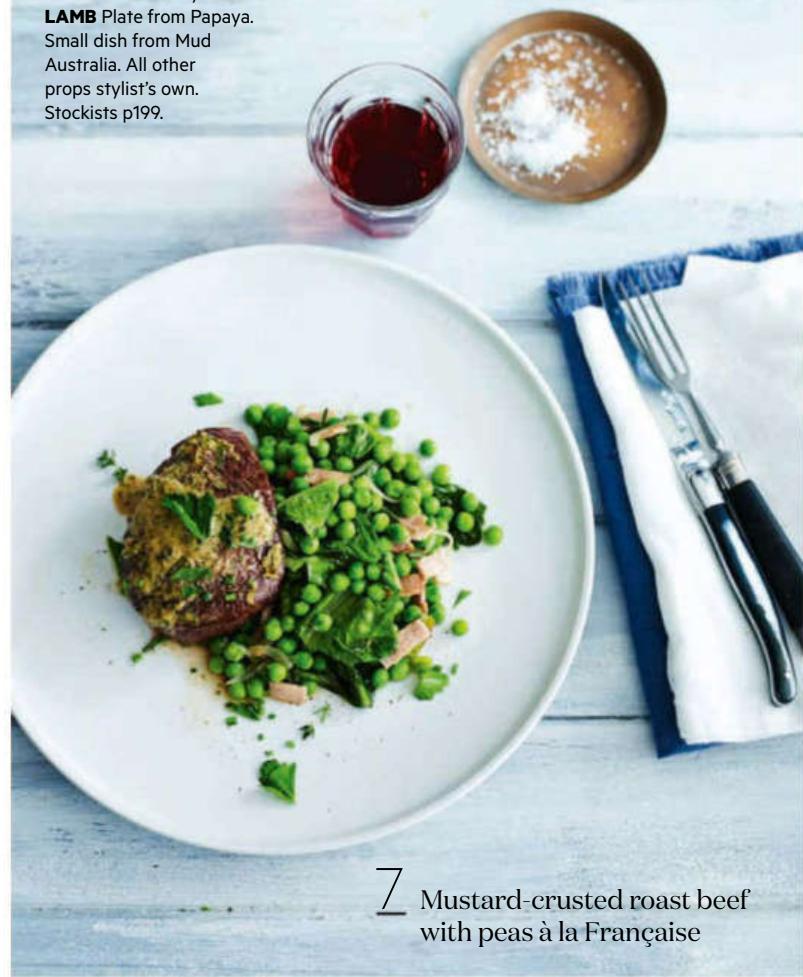
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6 Lamb racks with white beans and pistou

BEEF White napkin from Papaya. Laguiole steak knife from The Bay Tree.
LAMB Plate from Papaya. Small dish from Mud Australia. All other props stylist's own. Stockists p199.



7 Mustard-crusted roast beef with peas à la Française



8 Seared tuna with potatoes, baby beans, frisée and olive vinaigrette

TUNA Plate (at front) from Papaya. Plate (back) from Golden Brown Fox Ceramics.
STRAWBERRIES Small white dish from Papaya.
TEXT PAGE Bowl from Golden Brown Fox Ceramics. All other props stylist's own. Stockists p199.

9 Roast strawberries with crème fraîche and candied fennel seeds



this with your hands). Roast chicken, basting occasionally with pan juices, until golden brown and juices run clear when the thigh is pierced with a skewer (20-25 minutes). Place on a platter and squeeze lemon juice over.

3 Meanwhile, line a roasting pan with baking paper. Add carrots and toss with oil, thyme and lemon rind in pan, season to taste and roast until tender and golden brown (15-20 minutes). Add to platter, drizzle roast chicken with pan juices and serve with green salad.

6 Lamb racks with white beans and pistou

Lamb rack isn't the cheapest of cuts, but it is your best friend when it comes to a quick meal. Cut a larger rack into three cutlet sections to speed things up even further. If you have more time up your sleeve, a lamb leg would also work well with these accompaniments.

Serves 4

- 1 tbsp each thyme and rosemary
- 2 anchovy fillets
- 1 garlic clove, coarsely chopped
Finely grated rind and juice of 1 lemon
- 2 tbsp olive oil
- 4 3-cutlet Frenched lamb racks (about 300gm each)
- Basil, to serve
- Braised white beans**
- 2 tbsp olive oil
- ½ onion, finely chopped
- 1 garlic clove, finely chopped
- 150 gm cherry tomatoes, halved
- 80 ml dry white wine
- 300 ml chicken or veal stock
- 800 gm canned white beans, drained, rinsed
- 1 tbsp red wine vinegar, or to taste
- Pistou**
- 1 cup (firmly packed) basil
- 80 ml (½ cup) olive oil
- 1 garlic clove, coarsely chopped

1 Preheat oven to 220C. For braised white beans, combine oil, onion and garlic in a saucepan over medium-high heat and sauté until tender (3-4 minutes). Add tomato and wine and simmer until reduced by half (1-2 minutes). Add stock, season to taste and simmer until reduced by half (4-6 minutes). Stir in beans and simmer to warm through (1 minute). Just before serving, stir in vinegar and adjust seasoning to taste.

2 Meanwhile, pound herbs, anchovies, garlic, lemon rind and ½ tsp salt to a paste with a mortar and pestle. Stir in lemon juice and oil, season with pepper and rub all over lamb. Heat a frying pan over medium heat, add lamb fat-side down and cook until browned and fat renders (3-4 minutes). Increase heat to medium-high, turn and brown the other sides (1-2 minutes). Transfer to oven and roast until cooked to your liking (5-7 minutes for medium-rare). Set aside to rest for 5 minutes.

3 Meanwhile, for pistou, process ingredients in a blender to a fine paste and season to taste. Serve roast lamb with braised white beans and top with pistou and basil leaves.

7 Mustard-crusted roast beef with peas à la Française

Serves 4

- 70 gm (½ cup) Dijon mustard
- 1 tbsp finely chopped flat-leaf parsley, plus extra to serve
- 2 tsp each finely chopped thyme, rosemary, chives and tarragon, plus extra to serve
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 4 pieces beef fillet (200gm each), at room temperature
- 80 ml dry white wine
- Peas à la Française**
- 1½ tbsp olive oil
- 1 small onion, finely chopped
- 2 bacon rashers, diced
- ½ garlic clove, finely chopped
- 80 ml dry white wine
- 250 ml (1 cup) chicken stock
- 2 thyme sprigs
- 1 baby cos lettuce, coarsely chopped
- 200 gm frozen peas

1 Preheat oven to 220C. Stir mustard, herbs and garlic in a bowl to combine, season to taste and set aside.

2 For peas à la Française, heat oil in a deep frying pan over medium-high heat, add onion, bacon and garlic and sauté until onion is tender and bacon begins to crisp (4-5 minutes). Deglaze pan with wine and simmer until reduced by half (1-2 minutes). Add stock and thyme and simmer to develop flavours (4-5 minutes). Add lettuce and peas, season to taste and simmer until lettuce and peas are just tender (4-5 minutes).

3 Meanwhile, heat oil in a large ovenproof frying pan over medium-high heat, add beef and brown well all over (3-4 minutes). Pat beef dry with paper towels, brush with half the mustard mixture, return to pan, transfer to oven and roast until cooked to your liking (4-5 minutes for medium-rare). Set aside to rest for 5 minutes. Deglaze pan with wine and reduce by half (1-2 minutes). Whisk in remaining mustard mixture and a couple of spoonfuls of pea-braising liquid and season to taste. Serve beef with peas à la Française, spoon pan juices over and scatter with extra herbs.

8 Seared tuna with potatoes, baby beans, frisée and olive vinaigrette

Serves 4

- 450 gm kipfler potatoes, scrubbed and sliced
- 150 gm baby green beans, trimmed
- 1½ cups (loosely packed) frisée
- 2 tbsp olive oil
- 4 150gm pieces skinless sashimi-quality tuna
- Lemon juice, to taste
- Olive vinaigrette**
- 70 gm pitted black olives
- ½ cup (firmly packed) flat-leaf parsley
- 2 garlic cloves, finely chopped
- 70 ml extra-virgin olive oil
- 1 tbsp red wine vinegar
- Juice of ½ lemon, or to taste

1 Cook potato in a saucepan of boiling salted water until tender (15-18 minutes), drain and set aside to cool slightly.

2 Meanwhile, blanch beans until bright green and tender (1-2 minutes; see cook's notes p200), drain, refresh, halve lengthways and transfer to a bowl. Add frisée and refrigerate until required.

3 For olive vinaigrette, pulse ingredients in a food processor until semi-finely chopped, season to taste and set aside.

4 Heat oil in a large frying pan over medium-high heat. Season both sides of each piece of tuna, add to pan and sear until browned (1-1½ minutes), turn and cook other side until browned (1-1½ minutes). Transfer to serving plates, squeeze a little lemon juice over.

5 Add potato to bean mixture, season to taste and toss to combine. Transfer to serving plates, drizzle with resting juices from tuna, spoon olive vinaigrette over everything and serve.

9 Roast strawberries with crème fraîche and candied fennel seeds

The sweet flavour of strawberries is intensified by briefly roasting them. You could serve them with ice-cream, but we prefer ours with crème fraîche and the fragrant burst of candied fennel seeds.

Serves 4

- 500 gm (2 punnets) strawberries, hulled (optional), halved
- 180 gm caster sugar
- Thinly peeled rind and juice of 1 lime
- Pernod, to taste
- Crème fraîche, to serve
- Candied fennel seeds**
- 2 tbsp fennel seeds
- 1 tbsp pure icing sugar, sieved
- 1 tbsp Pernod

1 Preheat oven to 220C. Combine three-quarters of the strawberries with sugar, lime rind and juice, a splash of Pernod and 1 tbsp water in a roasting pan, toss to coat and spread out evenly. Roast until bubbling and just tender (5-6 minutes).

2 Meanwhile, for candied fennel seeds, stir ingredients in a small saucepan over medium-high heat until seeds are toasted and candied (2-3 minutes). Set aside to cool.

3 Stir remaining strawberries into roast strawberries and serve warm or at room temperature topped with crème fraîche and scattered with candied fennel seeds.

Green lentils

When you're talking the tiny refined French variety of lentil, you've got a legume ready for prompt deployment.

Most dried legumes need to be soaked overnight, which rules them out for last-minute meals.

Not so French-style green lentils, known as vertes du Puy in France after the region where they're grown (they're now also grown in Italy, North America and Australia).

These small, beautiful lentils have a slightly nutty flavour, don't need soaking and are quick to cook, so you can have them on the table in next to no time. They have a great texture, too; unlike red or brown lentils, they hold their shape and are less inclined to turn to mush.

Lentils take up flavours easily and benefit from simmering in a flavoursome stock. Green lentils are happy dressed in a vinaigrette and served warm or at room temperature, here with roast beetroot and soft egg. They also make excellent bedfellows for smoky bacon, confit duck or pork – and they're great for soaking up the juices of roast meats.

Beetroot and soft-egg salad with warm lentil vinaigrette

Serves 4

> Preheat oven to 200C. Trim 2 bunches of baby beetroot, wrap each beetroot in foil and roast until tender (45–50 minutes). When cooled, peel and halve. Boil 6 room-temperature eggs until cooked to your liking (7 minutes for soft yolk), then refresh and peel. Boil 150gm small green lentils until just tender (20–25 minutes), drain and place in a bowl. Sauté 1 thinly sliced golden shallot and 1 finely chopped garlic clove in 90ml olive oil over medium-high heat until tender (1–2 minutes). Remove from heat, stir in 1½ tbsp red wine vinegar and finely grated rind and juice of ½ lemon, season to taste and stir in lentils. Break eggs in half and serve with beetroot and warm lentil vinaigrette, flat-leaf parsley and chopped chives.

Roast chicken with green lentils and lemon

Serves 4

> Preheat oven to 200C. Scatter 200gm small green lentils, 1 each finely chopped golden shallot, carrot and garlic clove in a roasting pan, top with 1 butterflied chicken, skin side up, and squeeze over the juice of 1 lemon. Add 250ml chicken stock, drizzle chicken with olive oil and season the skin to taste. Tuck a few sprigs of thyme and tarragon under the chicken, cover with foil and roast for 30 minutes. Remove foil and roast until chicken is golden brown and lentils are tender (25–30 minutes), then serve with extra thyme and tarragon scattered over.

Lentil and garlic soup

Serves 4–6

> Heat 2 tbsp olive oil in a saucepan over medium-high heat, add 1 each finely chopped leek, carrot and celery stalk and 3 finely chopped garlic cloves and sauté until tender (8–10 minutes). Deglaze pan with 150ml dry white wine and simmer until almost evaporated, then add 1 litre chicken stock, 300gm small green lentils, 200 gm canned chopped tomatoes, 3 thyme sprigs and 1 fresh bay leaf and bring to a simmer. Cover and simmer until lentils are tender (25–30 minutes). Discard herbs, add 1 tbsp red wine vinegar

(or to taste), then pulse with a hand-held blender to a coarse purée. Adjust thickness with water or extra stock, season to taste and keep warm. Heat 1 tbsp olive oil in a frying pan over medium-high heat, add 120gm bacon lardons and fry until crisp (2–3 minutes). Stir in 1 finely chopped garlic clove and 2 tsp thyme. Top with lardons and some of the cooking oil and serve hot.

Braised lentils and sausages

Serves 4

> Heat 1 tbsp oil in a sauté pan over medium-high heat, add 4 thick pork and red wine sausages and brown all over (3–4 minutes), then remove from pan. Add 2 finely chopped bacon rashers, 1 each finely chopped onion, carrot and celery stalk and 2 finely chopped garlic cloves and sauté until tender and translucent (6–7 minutes). Add 500ml chicken stock, 250gm small green lentils and 500ml water, bring to a simmer and cook until lentils are just tender (20–25 minutes), returning sausages to pan for the last 10 minutes of cooking. Stir in ½ cup chopped flat-leaf parsley, 1 tbsp chopped sage, 1 tbsp Dijon mustard and 1 tbsp red wine vinegar, season to taste and serve. ●

HOT
TIP

+ Adding salt to the cooking water can lengthen the cooking time of lentils and other legumes. It's best to season the dish once the lentils are cooked to your liking.

SALAD Bowl and napkin from The Bay Tree. All other props stylist's own. Stockists p199.



GRANGE

FRANCE 1904



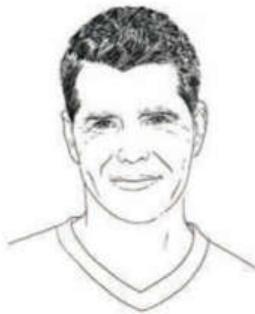
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French toujours

Pete Evans still draws on his French cookery training, and here he prepares two all-time favourite dishes.



RATATOUILLE

“ I was trained from a very young age in the art of French cookery and it's still the backbone of my cooking style and philosophy today. The basis for any good duck confit, a French classic is the fat, and I favour animal fat sourced from pasture-raised animals. Many cooking fats and oils are treated with chemicals, bleached, deodorised and refined, whereas duck fat is simply rendered from the flesh to create a cooking fat in its purest form. Of course, we can't forget vegetables, and I love a great side dish like this ratatouille – the combination of vegetables delivers such delicious flavour. Tomatoes are a great source of antioxidants and lycopene, capsicum is considered a natural painkiller and, of course, garlic has its potential immune-boosting properties. ” ”

Ratatouille

Prep time 20 mins, cook 25 mins

Serves 4 as a side

- 1 large eggplant (630gm), cut into 1.5cm dice
- 80 ml (1/3 cup) coconut oil
- 2 zucchini, cut into 1.5cm dice
- 1 Spanish onion, finely chopped
- 2 red capsicum, seeds discarded and cut into 1.5cm dice
- 3 garlic cloves, finely chopped
- 3 vine-ripened tomatoes, seeds discarded and cut into 1.5cm dice
- 80 ml (1/3 cup) olive oil, plus extra to serve
- 60 ml (1/4 cup) red wine or apple cider vinegar
- 1 tsp coconut sugar or honey
- Coarsely chopped basil, to serve

- 1 Place eggplant in a bowl with 1½ tsp fine sea salt, toss to coat and set aside for bitter juices to drain (20 minutes). Rinse well and pat dry with a paper towel.
- 2 Heat half the coconut oil in a large non-stick frying pan over low-medium heat. Add eggplant and zucchini and sauté until tender (8–9 minutes). Remove from pan and drain on paper towels.
- 3 Add remaining coconut oil to pan. Add onion and cook until softened without colouring (2–3 minutes). Add capsicum and sauté until starting to soften (4–5 minutes). Add garlic and tomato, return eggplant and zucchini to pan, and cook, stirring occasionally, until warmed through (5–6 minutes). Season to taste, stir in olive oil, vinegar, coconut sugar and basil and serve.

Crisp duck confit

Begin this recipe one or two days ahead to cure the duck.

Prep time 10 mins, cook 2 hrs 20 mins (plus curing, cooling)

Serves 4

- 4 duck Marylands (140gm each)
- 120 gm fine salt, preferably Himalayan pink salt
- 2 tbsp orange juice
- 1 tsp finely grated orange rind
- 1 tbsp juniper berries
- 5 fresh thyme sprigs
- 2 garlic cloves
- 2 fresh or dried bay leaves
- 800 gm duck or goose fat, melted

- 1 Place the duck legs in a non-reactive dish to fit in a single layer. Combine salt, orange juice and rind, juniper berries and thyme in a bowl, then toss with the duck until evenly coated. Cover with plastic

wrap and refrigerate to cure (at least 12 hours or for best results 24 hours).

2 Preheat oven to 100C. Wipe the salt from the duck, rinse duck and pat dry with paper towels. Place duck legs in a single layer in a casserole dish along with garlic and bay leaves, then pour in the fat until duck legs are completely submerged. Cook duck in oven until very tender and just beginning to fall off the bone (2 hours), then leave in fat and cool completely to room temperature. (Duck confit can be done ahead and will keep refrigerated if completely submerged in fat for a month.)

3 Preheat oven to 220C. Remove duck, garlic and herbs from fat, scrape excess fat from duck, being careful not to break the skin. Place in a large ovenproof frying pan along with garlic and herbs, and roast until golden and crisp (20–25 minutes). Serve with your choice of side dish. ●



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Crème caramel

Pâtissière extraordinaire **Catherine Adams** demystifies this benchmark French dessert.

One of the most famed French desserts, crème caramel – a winning combination of just two components – is testimony to the notion the simplest things are often the best. And of course success lies in making each of these components, custard and caramel, the best they can be.

Starting with the custard, the first step is to whisk together the eggs and sugar, and I find for the best result the mixture should then be left to stand for a few hours so the sugar dissolves completely before adding the milk. You can make a successful crème caramel without this step, but taking the extra time makes for a glassy, shiny-looking custard with a smoother texture.

The custard can be made and refrigerated for two to three days. In this case, the milk can be added to the egg-sugar mixture cold before refrigerating. If you're going to bake it straight after the egg and sugar have stood for a few hours, however, this will make a perfectly fine crème caramel, but warm the milk to around 65C before adding it to the egg-sugar mixture to start the cooking process.

You can also use half milk and half cream if you want a richer and thicker result, but I find custard made with just milk is more refreshing. Perfectly textured custard has the most moisture bound by the least structure and a set ratio ensures the custard always sets properly regardless of size; I go by two

eggs to 250ml liquid with 15 to 20 per cent sugar. When the sugar deviates too far from the right percentage, it can prevent the custard setting. And it will be too sweet.

For the caramel, ensure your saucepan is super-clean and free of grease. Put the water in first, then sprinkle the sugar over it so you don't have a dry layer of sugar on the base that will burn. Stir the sugar syrup gently so you don't splatter it up the side of the pan; it'll form crystals and ruin the caramel. Cook the caramel quickly over high heat. At first, I place an upturned bowl on top of the saucepan – the curve builds the condensation then it runs down into the pan, washing the sugar from the sides. Once the mixture is boiling, remove the bowl and keep a vigilant eye on the syrup without touching it. If the caramel does crystallise, unfortunately you need to start again; there's no going back.

The French cook their caramel until it reaches a very deep amber colour, so it has a really rich caramel flavour. It's easy to let it burn from here, though, so be sure to have your baking dish ready to tip the caramel straight in; it's so hot it will keep on cooking even when poured into a cold mould. To know when the colour is right, tip the saucepan to the side so you can see a thin layer of caramel on the base – the caramel looks a lot darker in volume. You need to stop the cooking before it starts smoking or the caramel becomes bitter; too pale, though, and it won't have the depth of flavour you need – there's nothing more disappointing than turning a crème caramel out that's pale in colour. Hot caramel also gives a nasty burn, so be very careful while you work with it, too.

The cooking time for the custard varies depending on the mould you use. Here I've used a large straight-sided shallow dish, but you can also use individual ramekins. If you are using small ramekins, pour the caramel into each, then quickly go back and swirl each around to coat the sides. With a





STEPS Small jug from The Bay Tree. All other props stylist's own. Stockists p199.

large one, swirl the caramel around by tilting and rotating the dish. Coating all the sides ensures the caramel flavour is evenly distributed, and also makes it easier to remove the crème caramel from the moulds; it helps to prevent cracking as it cools, too.

When you're ready to cook the crème caramel, spoon the foam off the top of the custard, then pour the custard into the prepared dish. It needs to cook slowly and evenly in a water bath, which softens the heat, and at no more than 160C; if the temperature is too high, bubbles will pock the surface of the custard.

Place a tea towel in the bottom of a roasting pan and, once the custard is in place, pour in hot tap water – boiling water is too hot, while cold water takes too long to heat – to come two-thirds up the sides of the dish. Cover the dish with foil to protect the surface of the custard from heat, and pierce a few holes in it to let the steam escape, then bake the custard until it's set with a slight wobble in the centre when jiggled. If you overcook it, the proteins in the eggs keep bonding and then start squeezing out liquid, which produces a cracked custard with a watery, bubbly consistency. While I have fond memories of eating curdled custard on toasted brioche with prunes soaked in Armagnac when I was an apprentice, this is something you'll want to avoid.

Once it's cooked, uncover the custard and leave it in the water bath to cool to room temperature, then refrigerate it for at least 12 hours, or overnight. As the custard cools, very gently pry the edges away from the side of the dish with damp fingers to prevent it

from catching and cracking. To remove the custard, release the vacuum in the same way, then place a plate on top and quickly and smoothly invert it.

You can flavour the custard with orange rind, say, and other spices such as cinnamon; here we've gone with classic vanilla bean seeds. To serve this I like nothing more than a good helping of caramel from the dish spooned on top to really enjoy the flavours of caramel and milk combined, and its beautiful silky consistency.

refrigerate for up to 3 days (bring to room temperature before baking in that case).

- 4 Place 200ml water in a saucepan over low heat and stir in remaining sugar. Put an upturned bowl on top of pan and bring to the boil. Once it's boiling, remove bowl, increase heat to medium-high and cook without stirring until a deep-amber caramel forms (15–18 minutes).
- 5 Remove from the heat and immediately pour caramel into a 25cm-diameter straight-sided round baking dish or individual ramekins.
- 6 Working quickly, tilt and swirl the dish so the sides are evenly coated in caramel. Set aside to cool for 5 minutes.
- 7 Place dish in a roasting pan lined with a tea towel and pour in custard, then pour enough hot water into pan to come halfway up the sides.
- 8 Cover baking dish with foil, prick some holes in it to allow steam to escape, and bake until custard is set but with a slight wobble in the centre (40–45 minutes).
- 9 Remove from oven, uncover and leave to cool completely in water bath to room temperature (about 1 hour). As it cools, occasionally very gently pull the edges of custard from the dish with a damp finger to prevent it catching and cracking, then refrigerate custard until completely chilled and set firm (overnight). To turn out caramel, release the sides of the caramel again with slightly damp fingers to break the vacuum, then place a plate on top of the dish and carefully invert. To serve, gently heat the bottom of the dish over hot water to soften excess caramel if necessary and spoon on top of custard.

Crème caramel

This recipe can be started up to three days ahead to make the custard.

Prep time 30 mins, cook 45 mins

Serves 8-12

220 gm eggs (about 4 eggs)
145 gm egg yolks (about 8-9 yolks)
590 gm caster sugar
750 gm milk (700ml)
Seeds scraped from $\frac{1}{3}$ vanilla bean

STEP BY STEP

- 1 For vanilla custard, place eggs and yolks in a large bowl and pour in 250gm of sugar, stirring with a whisk to combine. Set aside for a few hours for the sugar to dissolve completely (or at least 30 minutes).

2 Warm milk in a saucepan to around 65C (if the custard has been refrigerated for 2-3 days, skip this step). Pour milk onto eggs, stirring with a whisk until combined (do this gently to minimise bubbles). Add scraped vanilla seeds.

3 Spoon the froth from the surface of the custard and set aside while you make the caramel, or

MORE ONLINE

Who doesn't love caramel? We've got more of the good stuff online. Salted-caramel éclairs anyone? gourmettraveller.com.au





Spill the beans

Whether they're climbing or bush, Windsor Long Pod or Scarlet Runner, writes **Mat Pember**, beans benefit a lot from just a little care.

In the world of growing plants there are two types of people: bean people and tomato people. Between them is a great divide. So come October you'll need to decide what side of the fence you sit on. Are you a tomato or are you a bean? Of course, we sit on the bean side this month, because the next month is actually better for tomatoes. Yes, we are fence-sitters and proud of it.

More tolerant of the cold than tomatoes, beans are a safer bet in early spring. As a flowering plant, they need a sunny spot and free-draining soil.

Don't overdo the nitrogen when you're preparing the patch – beans naturally produce this element. Only add a moderate amount of compost and position them where your hungry brassica crops previously grew. The spot where your broad beans grew – nitrogen-producers themselves – should be reserved for the tomatoes that come next month.

Propagating from seed – sowed directly in the patch – is the preferred method. It allows them to establish in situ from day one. Before planting, soak the seeds overnight. This helps break down the tough shell and gives it a water reserve to draw on during germination. Plant the seeds every 20-30 centimetres, and pop two seeds in each hole; the second a contingency if the first flops.

Once sown, give the patch a thorough soaking, then resist further watering until the seeds have germinated. Overwatering make them prone to rot and thus a tasty treat to rats (yes, they exist in your garden). With their reserve, they'll have more than enough to see them through this first phase.

If you're planting from seedling, apply the Goldilocks Principle: not too cold, not too hot. That means avoiding frosts and burning sunlight. Make sure the seedlings are well hydrated before transplanting and space at 20 to 30 centimetres.

Beans – like tomatoes – come in two distinct forms: climbing and bush. Climbing varieties, such as the Scarlet Runner, need the help of a trellising system to sustain their growth. A bamboo teepee is the perfect structure and, once the vines are established, it provides a neat hideout for the kids and you, when you're in trouble with your partner.

Smaller, compact bush varieties, including the Windsor Long Pod, grow to just a foot in height. Usually faster to produce a bounty, bush beans are a good option when sunlight may be an issue and you want to avoid casting shade over the rest of the patch.

Water two to three times a week, or more if you're growing them in pots. When they're roughly a month old, apply a sugarcane mulch to a depth of two to three centimetres, leaving a little breathing space around the stems of the plants because they're prone to stem rot. If you're growing climbing varieties, there's the added maintenance of attaching the sprawling vine to the trellis. You should avoid having the plant flailing about in the air, which among bean growers is known as legume vertigo.

After roughly two months, when the plants begin to produce their flowers, they'll benefit from an application of liquid potash to help promote pod growth. As the bounty begins to form, the choice is yours – pick them young and sweet (to eat pod and all), or wait for them to mature, and shell the beans.

Whatever you do, ensure you pick the beans regularly. Harvesting the produce from the plant frees up energy for it to produce more flowers, and then more pods. No one wins when you let the beans overcook on the vine, but we all win by sitting on the fence.

TIP OF THE MONTH: FEEDING CITRUS

Come October, we often bemoan the limits of our gardening prowess when we look at our yellowing citrus, and so the instinct is to feed them with fertilisers. Overfeeding citrus is a common gardening faux pas, because the yellowing is often not a result of lack of nutrition in the soil, but more to do with the plants' ability to draw them up.

FLOW FACTS With soil not yet sufficiently heated, the water flow of plants (that is, the blood flow), is low, and plants are not able to draw on the stash of nutrients in the soil. So they yellow off, as they do every winter, and many gardeners may add excess citrus food, doubting themselves of being able to fulfil the simplest of tasks.

EASY DOES IT As the soil warms up, the water flow of plants increases and citrus can pump soil nutrients through their veins. This is when overfeeding them can wilt the plants and encourage foliage at the expense of flowers and fruit. It also makes them susceptible to gall wasp. So sit tight, water your plants and add food in small doses.

WHAT TO PLANT

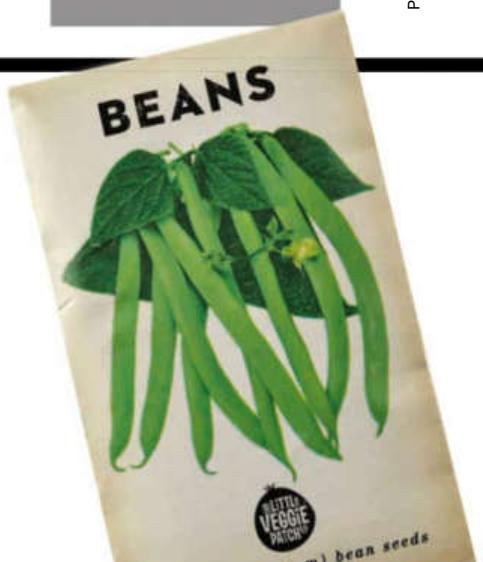
TEMPERATE

- ARTICHOKE
- ASPARAGUS
- BASIL
- BEANS
- BEETROOT
- BOK CHOY/PAK CHOI
- CAPSICUM
- CARROT
- CELERY
- CHILLI
- CORIANDER
- CUCUMBER
- EGGPLANT
- FENNEL
- HERBS
- KALE
- LETTUCE
- PEAS
- PUMPKIN
- RADISH
- ROCKET
- SILVERBEET
- SPINACH
- SPRING ONION
- SQUASH
- STRAWBERRY
- SWEET CORN
- TOMATO
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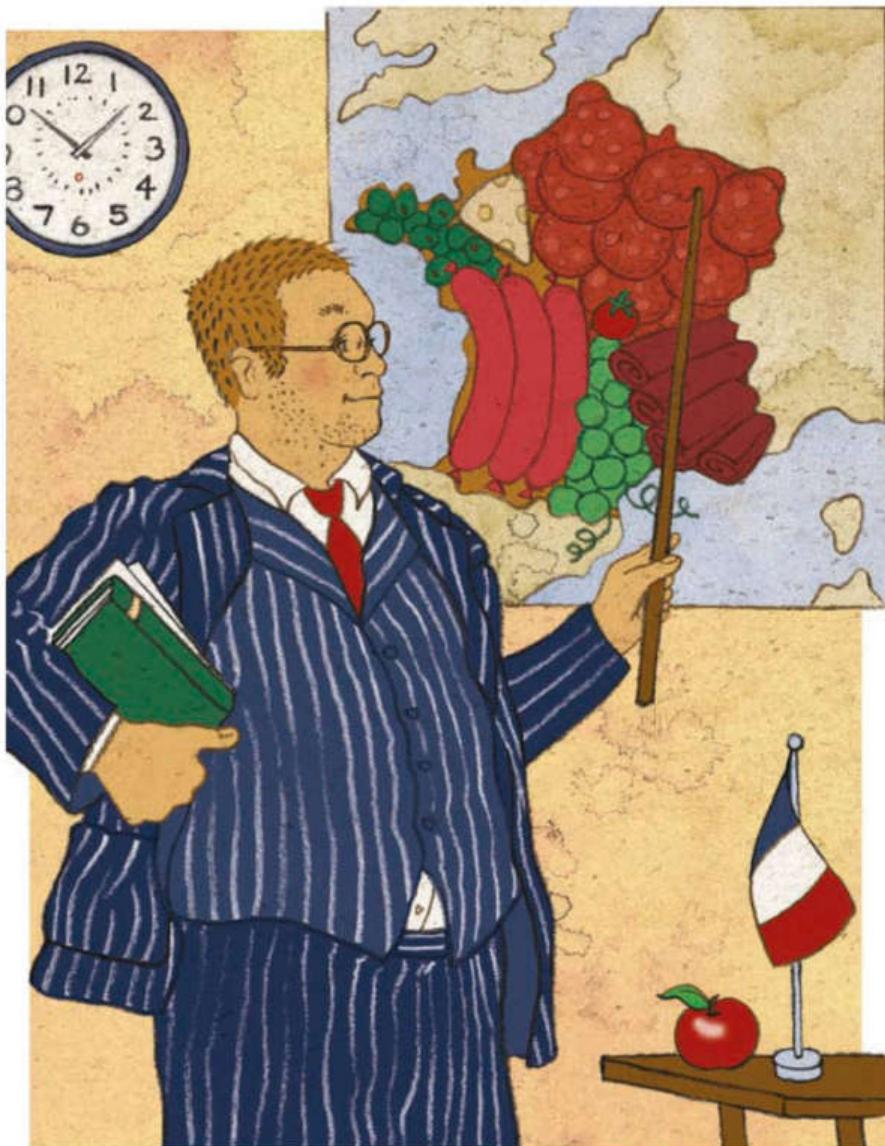
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Cure for all

French charcuterie, says **Fergus Henderson**, provides a tasty geography lesson, with a sausage for every region.

I'd been travelling happily for four months round India when I found myself in Pondicherry, a very beautiful French colonial outpost. As I strolled around town I came across a beautiful building, made all the more beautiful by the appearance – carved above the door in the stone façade – of large letters spelling out the word CHARCUTERIE. After so long in India I was more than ready to settle down to a plateful of Bayonne ham or to chew on some saucisson sec, so I bounded up to the door and into the building.

Blinded by the thought of fromage de tête and cornichons, I scarcely noticed the interior, which should have rung warning bells. A chap appeared by the table and I managed to stay calm as I ordered "charcuterie!". He nodded and disappeared round

“Cured meat is heady stuff and the spell it can cast on a man is powerful.”

the back. About an hour later, me having told myself over and over again things can take a little longer in India, the chap appeared again to announce that someone was picking the charcuterie up from the market. So deep was my reverie that I didn't see the wood for the trees. I had seen Pondicherry market that morning and, though it was home to many things, there was definitely no purveyor of cured meats. Half an hour later still, the chap appeared again and said they were shutting. I had to leave; the endless wait was for nothing.

Who would have imagined that a plate of cured meats could have stirred such emotions? My fury was first directed at the waiter, then at myself for being so foolish as to think that there'd really be charcuterie in Pondicherry. It's amazing how blinkered one can become when you've got an appetite for something – as I knew with almost immediate hindsight, the idea of finding a source of cured pig anywhere at all in India at that time was pure folly.

But cured meat is heady stuff, and the spell it can cast on a man is powerful. I have happy memories of walking in the Auvergne in the summer, admiring the scenery not for the snow but for the wonderful huts where legs of ham were being sliced and fantastic runny cheese omelettes being cooked. This, along with delicious light red wine, is the perfect sustenance for a person who finds themselves halfway up a mountain, especially when it's rounded off with a local blueberry tart and a measure of fiery eau de vie. It's the perfect fuel, in fact, to get you to the top of the next mountain.

Cooking for the French is very rewarding: they truly love to eat. For the past two years we have had a fête du vin at our winery in the Languedoc at which we cook a lunch for friends and local folk. To keep the wolf from the door while the grills heat up, we put out platters of saucisson sec. In a similar circumstance back home in England these might be toyed with, but not in France. Oh no. It's as though a cloud of locusts has passed.

I hope our guests don't mind being compared to a swarm of insects, but I mean it in the best possible way. If you're a chef, nothing makes you happier than people eating with such gusto.

Then there's the wonderful diversity of French charcuterie. You could, doubtless, create a map of France with every area represented by a different sausage – be it by the herbs the sausage is cured with, or the inclusion of walnuts and the like. God bless a nation that has not one but two significant tripe sausages. There's the mighty andouillette, which is made from the business end of pigs' intestines (unsurprisingly, it gives off a certain distinctive musk). It's traditionally grilled or fried and served with plenty of mustard. Then there's the andouille, which you're more likely to see served sliced and cold. Slicing into it is rather like chopping a tree down and revealing its annular rings. Fascinating. That's my kind of geography lesson. ●

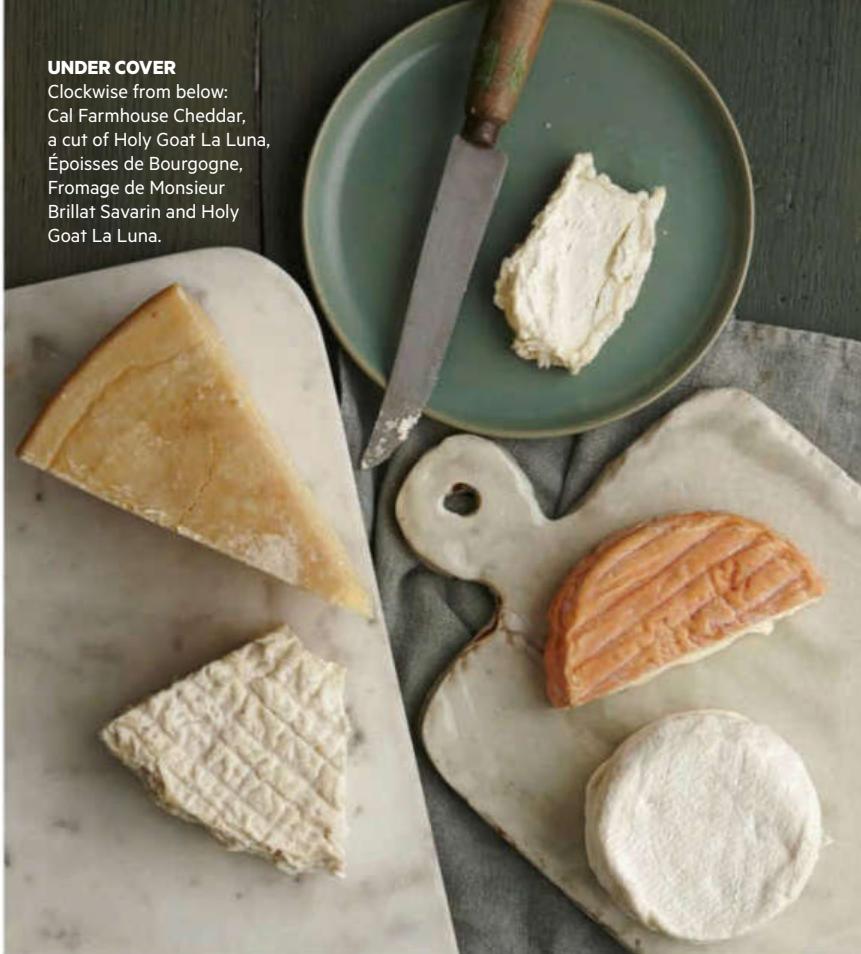


Shane's food is
moorish
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UNDER COVER

Clockwise from below:
Cal Farmhouse Cheddar,
a cut of Holy Goat La Luna,
Époisses de Bourgogne,
Fromage de Monsieur
Brillat Savarin and Holy
Goat La Luna.



CHEESE

Rind control

When it comes to cheese, writes **Will Studd**, it's one time when it pays to judge something by its cover.

Look, touch and smell the natural rind growing on the outside of any artisan or traditional cheese and you'll find important clues about what lies beneath. With the exception of rindless cheese such as feta or fresh curd, a protective rind defines the type, character and maturation of specialist cheese, and provides an essential guide to its quality and flavour.

Cheesemakers have a diverse variety of rind options to play with. These include natural rinds containing yeast, mould and bacteria, traditional natural inert coverings such as charcoal, leaves, cloth and bark, and modern protective barriers such as plastic and wax. The rind they choose depends on the type of cheese and how much control they want over the ripening process.

Many traditional cheeses employ ingenious natural coverings developed long before refrigeration. Powdered charcoal mixed with salt, for example, is traditionally used to cover goat's cheese in France to neutralise surface acidity and encourage the growth of a protective mouldy blue-grey rind. Plane tree leaves are high in tannin, which discourages excess mould growth, hence their practical use in wrapping blue Valdeón in northern Spain. Covering hard cheese in cloth smeared with lard, meanwhile, is a hallmark of English territorial cheeses, including Cheddar. It helps to create a semipermeable rind that allows air to move in and out of the cheese, releasing moisture and fermenting as it ripens.

“A protective rind defines the type, character and maturation of specialist cheese, and provides an essential guide to its quality and flavour.”

The natural rind on surface-mould-ripened soft cheese is a good example of how a rind provides a guide to selection. The most popular examples of this type of cheese are covered in a damp fluffy white mould that smells of mushrooms. The presence of this predictable modern strain of mould is, for me, cause for caution. Originally developed for stabilised “double” Brie and Camembert before being adopted by artisan cheesemakers, it looks impressive when young, but will inevitably develop a taste like wet cardboard and a whiff of ammonia as the cheese ripens. The preferred alternative is a surface-mould-ripened soft cheese covered with a wrinkled ivory rind, which I consider a sign of more interesting flavour and texture.

This old-fashioned strain of mould is becoming increasingly popular. Known as *Geotrichum candidum*, it has a distinct yeasty flavour and is recognisable in its purest form on goat's cheeses such as Holy Goat's La Luna. The downside of this mould is that it's temperamental, hard to grow and difficult to wrap. Consequently it's often mixed with more robust modern strains in mould-ripened soft cow's milk cheese (such as Normandie Camembert) and signs of its distinctive wrinkle gradually emerge on the surface of the cheese as it ages.

The reddish orange rind that covers washed- and smeared-rind cheeses like Pont-l'Évêque, Époisses, Taleggio and Tilsit indicates the use of a bacteria known as *Brevibacterium linens*. It's not important to remember the name, but it's useful to know that the finest examples of cheese ripened with this bacterium have a very distinct smelly aroma and mild flavour. I avoid cheeses with a cracked or excessively wet and sticky rind – this typically indicates the cheese has not been made well, or that it's been matured in the wrong conditions and is unlikely to improve if ripened further.

The natural rinds covering blue cheeses vary from the thick natural mottled rind of a Stilton to the clean salted rind of Roquefort, which is protected by foil. I avoid blue cheese with a discoloured grey soggy rind; chances are it's been frozen or is past its best.

Traditional types of hard cheese also ripen under a wide variety of natural rinds. These include the smooth, golden, leathery rind on Parmigiano-Reggiano, which must be regularly wiped free of mould contamination, and the hard crusty rinds found on Comté and Gruyère. Again, I avoid cheeses with a thick rind and a greyish subcrust – a sure sign the cheese is past its best.

Finally, perhaps the most important rule to remember when judging a cheese by its rind is to ensure it breathes. Waxed cheese and rindless block cheeses matured in a plastic vacuum bag are cut off from fresh air, inevitably resulting in flavours that bear no resemblance to those found in similar cheese carefully matured under a natural rind.

Next time you visit your local cheesemonger, check out the rinds of the cheeses on display; you may well be surprised how they influence your choice. ●



Little wonders

Small and perfectly formed produce should remain a happy consequence, writes ***Paulette Whitney***.

Now is the time for stealing babies. The lush, prodigious growth of early summer signals a feast of baby vegetables, sappy, sweet herbs and tiny peas barely beginning to swell in their pods. A wanton harvest, plucked in the first flush of youth. The time for practicality comes later.

Tiny zucchini gathered before their blossoms have even thought of opening. Soft-skinned, succulent and almost-too-sweet new potatoes bandicooted from under their parent plants, or ludicrously minuscule carrots thinned from rows sown too densely are the gifts of early summer and the exclusive domain of gardeners or those who come early to the farmers' market. Cool soils, plentiful rain and sparkling spring sunshine make for a harvest sweeter than that found at any other time of year. Summer will bring gluts of rich tomatoes, heady bunches of basil and armfuls of enormous carrots, but for now it is the delicate flavours of the new season that should be savoured.

The battle ground of thrift versus flavour was set up in my childhood. My mum liked to pick sweet, tiny peas from the garden; my stepdad thought that wasteful. Huge marrows would be given to us by the Dutch gardeners down the street and Mum would mutter about how she wished they'd pick them smaller, then try to turn the mushy flesh into something palatable.

Now I'm in charge of my garden, and I get to choose what's picked, and when. The chefs we work with are rather partial to a tiny vegetable, and after the lean times of winter I'm happy to crawl through the garden picking self-sown, ruby red orach seedlings or gathering the last baby shoots from the over-wintered broccoli to send in for their beautiful plates. And when

“It feels like it's going awry when we're deliberately diminishing the yield of a crop for the constructed ideal of a ‘baby’ vegetable.”

the basil germinates in a thicket I will relish cutting the extra seedlings and getting my first fragrant basil hit of the season. But what happens when the pendulum swings the other way? When tiny food is demanded, even if it's not in season?

As a gardener I have to make a living, and gain satisfaction from my work. And the satisfaction of producing food, actually feeding people, is immense. The beauty of a tiny carrot or pea pod picked small enough to be eaten whole is unquestionable. And when those carrots are picked as thinnings, to make way for the rest of the crop to mature, it makes perfect sense. But it all feels like it's going awry when we're deliberately diminishing the yield of a crop, cutting the life of a plant short, for the constructed ideal of a “baby” vegetable. It takes the same amount of work, the same input of seeds, the same time to cultivate and harvest these tiny things.

When you think about sustainable food and paddock-to-plate, is the picture in your head one of greenhouses and hydroponic set-ups, minute vegetables that have never seen soil, wrapped in plastic that will be around for thousands of years after you've enjoyed the half a mouthful that was your micro-turnip? Probably not. The endless pursuit of novelty has led to this, and I imagine the baby vegetable of today will be the turned carrot of tomorrow. Get real. Cut big vegetables, enjoy tiny ones when they're around, and celebrate the seasons as they really are.

I ate dinner in a friend's restaurant this winter and found my mum on the plate. Not literally, of course, but a reminder of her in a big piece of swede that tasted just like my childhood. No baby veg in sight – just a stonking big swede, perfectly in season, cut-up, and beautifully cooked, and, to my mind, completely real.

There's a time and a place for those tiny things – those tender, underground jewels and baby leaves that seem to have all the buzzing energy of spring bursting from their cells. That time is now. ●

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**STELLAR CAST**

From left: head chef Joshua Pelham, sommelier James Dossan, owner-chef Scott Pickett and manager Stuart Neil; kingfish, squid ink and lemon curd.



Sixth sense

Scott Pickett's latest venture, the fine-diner ESP, writes ***Michael Harden***, brings a tasty new definition to the idea of extra-sensory perception.

Scott Pickett's darkly handsome new fine-diner in Northcote is so glamorous that stepping into it from the gentrifying bohemia of High Street gives you the vertiginous feeling of landing in another place entirely. You might even check behind you to see whether all the craft-laden homewares stores and live-music venues are still there.

ESP is hushed and earth-toned, with sculptural timber panelling incorporating backlit shelves lined with glasses, a mix of carpeted, timber and polished-concrete floors and circular timber tables bound with thick steel bands. There are elegant Philippe Starck "Passion" chairs (surprisingly comfortable given that they come from the grand master of edgily uncomfortable furniture) and a striking light-fitting hovering above the main dining area – three UFO-like interlocking hoops by Melbourne designer Christopher Boots called *Oracle*. "Expensive", it all whispers in your ear.

And then there's the enormous open kitchen that takes up a good proportion of the shopfront real estate. The gleaming black tiles, copper saucepans and a hulking stainless steel canopy are surrounded by an audience of diners on nicely upholstered stools. As one wag remarked, Scott Pickett now has a restaurant in his kitchen.

ESP feels somewhere between a gamble and a thrown gauntlet. There's the slightly pretentious, talking-about-yourself-in-the-third-person feel of the name (short for Estelle by Scott Pickett), the

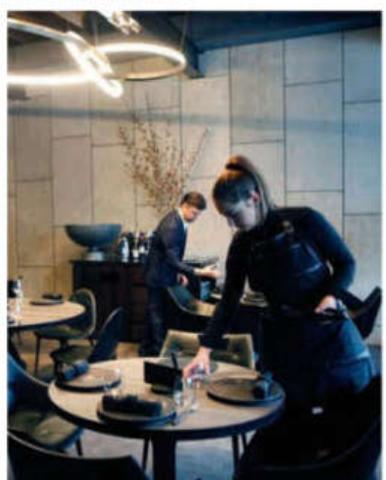
seven-course dégustation-only menu, and then there's the simple fact of opening a restaurant so very different from everything else in its neighbourhood. Pickett isn't messing around here.

The restaurant is like the ultimate firework explosion in a busy 12-month display that has seen Pickett release a self-titled book, play host on a reality TV show and refit and relaunch his successful Estelle Bar & Kitchen, right next door, as the user-friendly Estelle Bistro. When you factor in his co-ownership of Collingwood hotspot Saint Crispin and its upstairs bar, Thomas Olive, you might wonder whether even someone with Pickett's reputation for energy and passion might start to flag under the onslaught.

He doesn't. And by the look of some of the dishes emerging from ESP's enormous kitchen, he's been energised by the challenge.

One of the best of these dishes comes at the end of the meal. It's a dessert called "Violet, Milk and Chocolate", and it's so gorgeous in its dark and understated way that it seems almost like it was designed with the room's décor in mind.

There's a pearlescent, softly glimmering cap of milk tuile resting on a soft white quenelle of buttermilk sorbet. There's a mousse made from Daintree milk chocolate surrounded by small dark purple dollops of violet caramel, violet petals and a tumble of frozen chocolate and mint "pebbles", spooned onto the dish at the table from a copper pot wafting liquid-nitrogen vapour.>



DOWNLOAD OR CONTACT

Scan this page with the free **viewa** app to see a full menu from ESP or to contact the restaurant.



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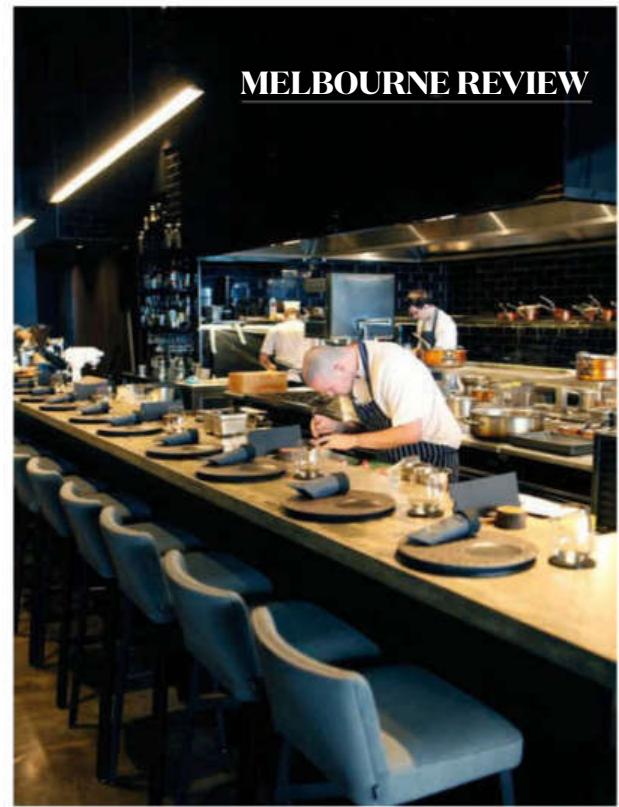
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PERFECT MATCH
Truffle custard, roast onion consommé, charred onion cups and pickled Japanese artichokes.



MELBOURNE REVIEW

There's a lot going on, but though it might sound like a *recipe for a car crash*, with Pickett at the wheel, the dish and all its passengers safely stay on course.

It's a classic Pickett moment, one of those where you remember that beyond all the other stuff on his CV and the Aussie bloke-bluster, there's a talented chef who knows how to cook really well. This dessert nails it: just the right amount of flair, the right number of elements, a great variety of textures and flavours that surprise – a pop of bitterness, a simultaneous flare of mint and violet – and sometimes threaten to fight but then settle together as if that was the way it was always meant to be.

That quality is also there at the beginning of the meal when a trio of meticulously constructed snacks looking like little sculptures lands on the table.

There's a tiny pillow of crisp potato filled with taramasalata, topped with squid ink-dark sea pearls and finished with shaved bottarga, a combination that seems somehow both obvious and revelatory. Then there's a take on a parmesan biscuit, flavoured with lemon myrtle and an oddly beautiful fried Jerusalem artichoke cracker, topped with herby bavarois and fried saltbush leaves.

They're satisfying little mouthfuls that, like the dessert, all seem carefully considered in the context of everything else at ESP. They blend with the textured crockery, the dark monogrammed napkins, the elegant timber-handled cutlery, the house-made butter in its stone dish.

The wine list, too, is part of the harmony. Sommelier James Dossan is a calmly enthusiastic presence on the floor, and has assembled a list that's easy to navigate, mixing benchmark names from near and far (Mount Mary, Denis Pommier) with smaller and boutique names, such as Philippa Farr and Pachamama. He appears to have a preference

for old-school, Old World winemaking, but though there's more than a few ways to blow bucks on, say, Champagne (2002 Billecart-Salmon Cuvée "Nicolas-Francois") or Burgundy (2010 Domaine de Courcel Pommard "Clos Des Epeneaux" 1er Cru), there's also plenty of reasonably priced, good-drinking wine on the eight-page list. The affordable drinking's a nice touch, one that taps into the democratic, something-for-everybody spirit that made the original Estelle such a hit with the locals.

Locals looking for a quick bite to eat are not top of the agenda at ESP, though. It leaves that end of the spectrum to its sibling bistro, where oysters and charcuterie rule. Instead, ESP aspires to be a member of the Attica school, positioning itself as a place of pilgrimage punters are willing to cross town for, lay down \$130 and be fed with no choice of what they're eating beyond dietary restrictions.

There are good reasons to do so, though at times Pickett's enthusiasm for ingredients and technique can end with too many of them on the one plate.

This happens with a mud crab dish that includes a quite lovely vadouvan sauce, a golden raisin purée, and a curried cauliflower purée as part of the mix. All good on their own, the flavours tend to drown themselves out in all the noise.

There's no such problem with an exquisite dish of onions and black truffles that includes a gorgeous truffle custard, a sharp-as-a-tack roast onion consommé, charred edged little onion cups and lovely little hot pickled Japanese artichokes that add zesty, crisp, sweet and sour notes to the proceedings. Glimmering at the bottom of a dark, textured bowl, it's a brilliant-tasting dish that also matches the room perfectly.>

MELBOURNE REVIEW



SWEET VIOLET

Far left: milk tuile, buttermilk sorbet, chocolate mousse, violet caramel, violet petals, and choc-mint pebbles.

Also good is a dish of kingfish, simply cured in sea salt, lime juice and sugar, blowtorched, then covered by a dramatic glistening black sheet of jelly made from kingfish heads and squid ink. Sitting with it on the plate are salt-baked turnips, puffed rice, a vibrant yellow lemon-peel purée and splashes of squid-ink sauce. Busy-busy-busy it may be, but here, at least, all the players have a part to play.

There's successful busyness on show again with roasted topside and rump pieces of White Rocks veal joining superb poached and pan-roasted sweetbreads, a white eggplant purée, creamed silverbeet, hand-rolled macaroni and mustard leaf. There's a lot going on, but though it might sound like a recipe for a car crash, with Pickett at the wheel the dish and all its passengers safely stay on course.

The transition from savoury to sweet courses happens in stages. First is a sweet-savoury course, a pretty thing with refreshing sorrel granita sitting alongside a macadamia-nut mousse, a rosella and hibiscus gel and shavings of caramelised white

chocolate. It's followed by a potential future ESP signature, a small serve – in a large glass – of freshly squeezed juice. This night, it's a superb combination of blood orange and fresh horseradish that's refreshing and cleansing with a super-attractive lick of background heat at the end. Not only that, it performs its task of preparing the palate (for the chocolate and violet dessert) faultlessly. It's a simple but deft touch.

Over the course of his career, both working for others (including The Square in London and The Point in Melbourne) and opening his own restaurants, Pickett has shown remarkable levels of energy, commitment and passion for his profession. He's also proved himself to be a talented restaurateur with a great eye for detail and a good sense of the zeitgeist. With ESP, though, he's favoured passion over zeitgeist. Rather than scour the market for gaps, he's put together the restaurant that he has always wanted to open. It's a pretty brave move, to hang the expense in a crowded market, but the attention to detail, depth of experience and the obvious love of the game are all in his favour. He's done it before and it seems like he's done it again. ●

ESP

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(03) 9489 4609

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Cards AE MC V EFT

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AND ALSO

Great and small

True to its name, **Smalls** is a wine bar that keeps things compact. The sharply fitted-out room seats just 24, the menu is a single sheet and the bottle list stops at two expertly focused pages. With clever wine-friendly snacks (soy-pickled mushrooms), an interesting list of à la mode labels by sommelier Wiremu Andrews (formerly of Rockpool) and a cleverly designed room, it's hard not to agree Smalls is beautiful. **Smalls**, 20 Yarra Pl, South Melbourne



Moving and shaking

The new city laneway digs for **Lee Ho Fook** are roomier, more comfortable and better-looking than the former Collingwood site but the best news is that co-owner-chef Victor Liang is now working in a modern, purpose-built kitchen and his food is thanking him for it (as are we). From chicken crackling to a superb scallop and crab fried rice to jasmine tea custard, the flavours are cleaner and more thrilling than ever. **Lee Ho Fook**, 11-15 Duckboard Pl, Melbourne, (03) 9077 6261

Neighbourhood watch

Preston is the latest suburb in north Melbourne making some worthwhile food and booze noise and **Stray Neighbour**, a large restaurant and bar in a former panelbeater (with sawtooth roof and all), is doing its bit. Romina Gagliardi (ex-Bistro Gitan) is in the kitchen, pumping out quality dishes such as Scotch fillet with chimichurri butter, and pear and spiced caramel millefeuille. A hefty list of craft beer adds to the attraction. **Stray Neighbour**, 463-467 Plenty Rd, Preston, (03) 9471 1948



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Tom Johnston

Tom Johnston joined Yering Station as Head Chef in 2014, the following year Gourmet Traveller WINE Magazine awarded the winery, Cellar Door with the Best Food in the Yarra Valley.

Shannon Bennett

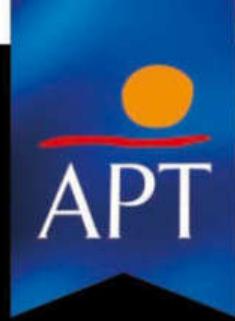
Shannon Bennett has established himself as one of Australia's most awarded and recognised culinary figures. Along with being the Chef/Owner of the highly acclaimed Vue de monde and its complimenting Cafe and Bistro venues, Jardin Tan and Piggery venue, he is also an accomplished author.



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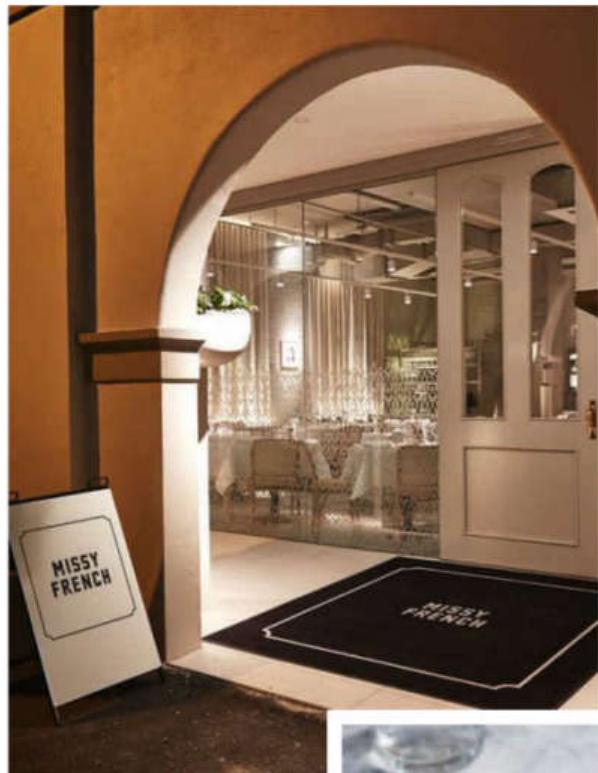
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The new chez Perry

Josephine Perry branches out from the family restaurant tree with a brasserie of substantial polish, writes **Pat Nourse**.

It's almost certainly unfair. And definitely ageist. But when you make a booking at a restaurant called Missy French knowing that it belongs to a 21-year-old first-time restaurateur, you can't help but expect a certain lightness of touch. A raffish, flying-by-the-seat-of-the-pants quality that has you reaching for those fun, flighty words the French are so good at. What you'll find instead is a restaurant that's not so much little-black-dress Chanel but more the beige bouclé jacket end of the register. Rampling rather than Tautou. Chic, yes, but with a certain seriousness.

The 21-year-old we're talking about here is Neil Perry's daughter Josephine. She was born into the trade, has worked all over her father's company, latterly on the floor at Rockpool and Spice Temple. She has chosen to embrace the business with gusto and in no way shies from the family connection. Missy French's designer was Grant Cheyne, who did the look for Rockpool, three Rockpool Bar & Grills, and two Spice Temples. Its wine list was written by Bar & Grill sommelier Richard Healy, and its chef, Chris Benedet, came here from Rockpool on Bridge Street. After a couple of Sancerres, the monochrome portraits by Noah Taylor (yep, the actor) that constitute all but the entirety of the room's decoration even start to look like Perry père et fille.

All kudos to young Perry for not hitting the French-cliché playbook in the design. There's nary a stick of bentwood nor a scrap of cursive chalkboard

writing to be seen. But the room's froideur might throw you for a loop. Neighbourhood restaurants need time to wear in, and Missy French might need more time than most. Maybe that explains the success of the pre-worn look common to Keith McNally's Balthazar projects and beyond. Right now this place feels about as worn in and relaxed as a box-fresh tutu. Pretty, but not entirely comfortable.

Nothing about the expensively low-key, carefully lit undesign of the design, and the large number of staff on the floor says this is a restaurant opened with only pennies in the pocket and a heart full of dreams. The tablecloths are crisp, the bread is Iggy's, the butter whipped Lescure. The chairs backed in woven cane, a French pal tells me, are the Frenchest things in the room. It doesn't seem like it was put together on a budget of carefully saved tips and pocket money.

So not for Missy French the spontaneity of Le Chateaubriand, the insouciance of Bones, the élan of Le Servan, or the rakishness of Paris's other hot neo-bistros. The menu doesn't read impulsive. Mussels are marinière, barramundi gets the Grenobloise treatment with capers, brown butter and lemon, sirloin gets sauce Bordelaise, snapper gets white-wine velouté and leeks and vegetarians get goat's curd and pickled yellow beetroot salad.

There again, it's not all done by the book. Some of the more interesting moments come when the kitchen goes slightly off-piste. Gnocchi Parisienne – the little>

SO FRENCHY, SO CHIC
Missy French chef Chris
Benedet and owner
Josephine Perry; chicken
consommé with leek
and potato croquettes.

Lime and mascarpone tart with Anzac biscuit base

Begin this recipe a day ahead.

**Prep time 40 mins, cook 1¼ hrs
(plus cooling, setting, chilling)**

Serves 8-10

500 gm cream cheese, softened

320 gm mascarpone

Finely grated rind and juice of 2 limes,
plus extra rind, to serve

2 eggs

100 gm Australian Unrefined Sugar

Lime jelly

440 gm (2 cups) French Caster Sugar

140 ml strained lime juice (from about 3½ limes)

1 cup (firmly packed) mint

3 titanium-strength gelatine leaves,
softened in cold water for 5 minutes

Anzac biscuit base

100 gm (⅔ cup) plain flour

90 gm Australian Muscovado Sugar

60 gm (⅔ cup) rolled oats

50 gm dessicated coconut or coconut flakes

80 gm salted butter, coarsely chopped

20 gm CSR Golden Syrup

¾ tsp bicarbonate of soda

1 For lime jelly, stir caster sugar and 300ml water in a saucepan over medium-high heat until sugar dissolves, bring to the boil, then set aside to cool. Stir in lime juice and set aside. Blanch mint until just wilted (10 seconds), refresh, squeeze out excess liquid, place in a food processor, add 200ml lime syrup and process until smooth. Mix in remaining lime syrup and strain through a muslin-lined sieve into a 1-litre container. Transfer 250ml syrup back into saucepan and warm over low heat. Squeeze excess water from gelatine, add to pan, stir to dissolve, then stir into cooled syrup. Refrigerate until set (3-4 hours). Dip container quickly in hot water, then pull jelly away from sides of container with your fingers and turn out onto a tray. Cut into 2cm cubes with a hot knife and refrigerate until required.

2 For Anzac biscuit base, preheat oven to 180C (160C fan-forced). Combine flour, muscovado sugar, oats and coconut in a bowl with 1 tsp sea salt. Melt butter in a saucepan over medium heat, stir in golden syrup, then bicarbonate of soda (mixture will foam). Mix into dry ingredients and press into a buttered 21cm-square tin with a loose base lined with baking paper. Bake until golden and crisp (10-15 minutes). Cool slightly.

3 Reduce oven to 150C (130C fan-forced). Process cream cheese, mascarpone, lime rind and juice in a food processor until smooth. Add eggs and unrefined sugar and process to combine. Spoon onto biscuit base, smooth top and bake until golden at the edges and set with a slight wobble in the centre (50 minutes to 1 hour). Cool, then refrigerate overnight to chill. Serve topped with jelly and scattered with lime rind.



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It's a pleasure **to see a kitchen have the confidence** to offer a classic chicken consommé almost unadorned, limpid, well-flavoured and clean.

dumplings made with pâté à choux, the stuff you use to make profiteroles and éclairs, instead of potato – are mixed with roasted pumpkin and shiitake mushrooms to great savoury effect, a fine grating of walnuts on top giving the whole thing a clever lift. Pairing shelled garlic prawns (three of them make up a \$24 entrée) with the spiky crunch of their lightly battered and fried heads takes them firmly out of the comfort-food zone, even as the soupçon of garlicky prawn reduction has you reaching happily for the bread.

A word on bread: the deplorable custom of clearing the bread with the entrée plates has taken root here, of all places. If you fear you'll want something to swipe through the fine sauces that accompany six of the eight main courses, careful rationing may be in order. Speaking of rationing, if nouvelle cuisine-scale plating is likely to upset you, be advised that this is very much the sort of restaurant where the full three courses and sides routine is de rigueur, unless you're planning to pull a jambon-beurre from your handbag on the way home.

It's a pleasure to see a kitchen have the confidence to offer a classic chicken consommé almost unadorned. There's not very much soup, true, but it's limpid, well-flavoured and clean, garnished on top with chervil and underneath with a fine brunoise of carrots. The three little croquettes of leek and potato served beside it make no sense to me whatsoever – why fried croquettes with soup? Who wants a wet croquette? Maybe they're better when they're not tepid.

The game terrine is a shimmering, wonderful thing. A single stained-glass pane of venison, duck and quail set in game jelly, studded with pistachio nuts and barded with leek, it's bright and fresh where the more usual forcemeat-style terrine is fatty and heavy. Slivers of Iggy's baguette, pickled cucumber and a dollop of floral quince purée make for sweet harmony.

It takes just three players on the plate to certify the Pithiviers a hit: the golden pork-filled round of puffy-pastry pie, some crushed petits pois, and a pool of dark veal and chicken jus. It's still winter as I write this, so the baby peas are not perhaps a perfectly seasonal choice, but that's not to say the whole thing doesn't still come together happily like the city's most handsome pie floater. At \$29 it's also one of the more approachably priced main courses.

Like all the main plates, too, it seems designed to spur on a good romp through the wine list. The cellar is two-thirds French, the remainder Australian. There's quaffable Pommier Burgundy and weighty Rhônes and Barossa blends alongside Nicolas Joly's Savennières, Sutton Grange rosé, Foillard Morgon Côte du Py, mondeuse and poulsard from Trosset and Jacques Puffeney, and other fashionable offerings. Most of the options by the glass are \$15 and up.

You'll need something of substance to get through the slow-cooked wagyu shin. From a technical point of view it's nicely executed: seasoned correctly, well browned, thoroughly tender. It's paired with a very smooth Jerusalem artichoke purée. Even with a round-



Scan this page with the free **viewa** app to see a full menu from Missy French or to contact the restaurant, and watch chef Chris Benedet make crème brûlée.

SYDNEY REVIEW

of bone marrow and a pair of artfully placed baby carrots as a garnish, though, it seems all a bit, well, brown. It's at this point at the French table you might find yourself reaching for toast, mustard, horseradish, cornichons or possibly all of the above. Some light and shade with the meaty things might be nice. I recall seeing a pot-au-feu on an early Missy French menu, but it seems to have ended up on the cutting-room floor.

Say yes to sides. They're worthy players in themselves. So much so that the lovely Niçoise, made with duck eggs, Ortiz anchovies, green olives, red peppers and cos seems like something that would be much more apt served as a first course. (The presence of cherry tomatoes in this dish, which seem about as seasonally appropriate as the baby peas with the pork pie, made me wonder if papa Perry, a known stickler for quality produce, was going to kick in the kitchen door during dinner, ponytail swinging, and conduct a citizen's arrest. Or at least tell someone they were grounded. Sadly it was not to be.)

The kitchen's loyalty to France wavers as dessert rolls around. Eton mess, a dish invented on what the French regard as the wrong side of the channel, is all artful shards of meringue arranged like a teepee around mandarin and blueberry goo. Crème brûlée, as any pastry nerd will tell you, is a French reworking of the Cambridge burnt cream; does pairing it in a wide, shallow dish with caramelised popcorn and a quenelle of milky popcorn ice-cream make it any Frencher? Does it matter when it tastes this good?

Those of us eyeing the gap in the Sydney dining market for something French with a bit of Jean-Luc Godard verve and Luc Besson flair can keep dreaming for now. But it'd be wrong to suggest that Missy French is more of a piece with *The Assassin* and the Richard Gere version of *Breathless* than *La Femme Nikita* and *À Bout de Souffle*. It's a restaurant with some spirit, and when it embraces a bit more *je ne sais quoi*, *joie de vivre* and a few other helpful freewheeling French expressions, it stands every chance of growing into the neighbourhood favourite it would like to be.

C'est le ton qui fait la musique. ●



FINISHING TOUCH

Crème brûlée with popcorn ice-cream; a portrait by Noah Taylor.



Missy French

22 Rockwall Cres, Potts Point, Sydney, (02) 8599 4912, missyfrench.com
Licensed
Cards AE, MC, V, EFT
Open Lunch Fri-Sun noon-6pm; dinner Mon-Sat 6pm-10pm; Sun 6pm-9pm
Prices Entrées \$17-\$24, main courses \$26-\$53, desserts \$17
Vegetarian One entrée, one main course
Noise Could be noisier
Wheelchair access Yes
Minus More thought than felt
Plus Good thoughts, though

AND ALSO

Pro Provini

Spaghetti carbonara! No cream, no chicken, no nonsense – the holy grail for many a pasta lover now has a home in Canberra at **Provini**, a new restaurant on the site of former Garema Place landmark La Scala. The place has a pleasant buzz, and there's smart pizza (we like the Vesuvio, topped with potato, 'nduja and rosemary), a big rib-eye to share, and a scattering of good things on the wine list. **Provini, 50 Bunda St, Canberra, ACT, (02) 6154 9720**



Master blaster

This being Surry Hills, some readers might see a BDSM overtone in the name of **Master**. Given the modern-Chinese theme, we're guessing it's more a reference to masterstock, but we can attest that service is submissive while former Momofuku chef John Javier's big flavours are dominant. Salt-and-pepper sweetbreads, fried with plenty of chilli, a bit like the Sichuan classic *la zi ji*, is the dish to beat, and the wine list has its fair share of thrills. **Master, 368 Crown St, Surry Hills, (02) 8065 0838**

Kith and Kin

Thaitown newcomer **Kin Senn** is a double-threat. On the one hand it offers a menu rich in the lesser-seen likes of fried quail-egg wontons, red curry of wild boar, eggs in a skillet with Chinese sausage, bacon and cheese, and chicken feet stewed with longan. On the other it has a large bakery counter selling south-east Asian favourites including cakes made with taro, young coconut and durian, as well as Thai-style jelly cake and rainbow crêpe cakes. **Kin Senn, 421 Pitt St, Sydney, (02) 9212 0721**

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White truths

How does the true master chef like to roast his chicken and dress a salad? Marco Pierre White talks to ***Pat Nourse*** about French tradition and the enduring allure of hot food.

One of the ironies of Marco Pierre White's professional life is that, though he was once England's most vocal exponent of the power of French cooking, and although he fetishised the *Le Guide Rouge* perhaps more than any of his contemporaries, he had never actually been to France. But French cuisine was (and is) his passion, and he made his name cooking food that was a hybrid of French tradition (learned from Pierre Koffmann, Albert Roux and Raymond Blanc) and his own peculiar genius. His views on the way restaurants should be run, and on how food should be served are famously particular (the incident in which he threw the contents of a cheeseboard at a wall at Harvey's, his London three-star, has become the stuff of hospitality legend), so we thought this French issue was a fine occasion to catch him, between his *MasterChef* commitments and appearing at the Margaret River Gourmet Escape, for a chat about some of the essentials of French cooking.

How do you dress a salad?

A lot of the time I find salads overdressed. And I think as soon as you dress a salad, you've got to eat it immediately. That's why I never really put them on the menu when I used to cook full-time. Once you dress a salad, it might take three minutes to go out and by the time it's got to the table, the way you serve things in restaurants, it's started to die.

When I first started out in the restaurant trade, salads were always dressed in the room. So there was the maître d' or his assistant, and they had their glass bowl and they had their oil and their vinegar. They'd season it and then dress it. You see some people dress it and then season it. But that's wrong. Because once you dress it, you can't season it – the salt sticks wherever it lands. So they'd put the salt on it, then the oil, then the vinegar. Always the oil and then the vinegar.

I like my salads very, very, very lightly dressed. I was taught as a young boy, at the Box Tree in Ilkley in West Yorkshire, which in '79 was one of only four restaurants in Britain to have two stars in Michelin. The bosses said when you've finished eating the perfect dressed salad, you should see no dressing on the plate. If you overdress a salad, especially if you're dressing very delicate leaves such as mâche, it dies very quickly.

How do you roast a chicken?

Very simply. I never season a chicken I'm roasting on the outside – only on the inside, because I prefer to season it after cooking. I'll take it off the bone in quite

big chunks rather than carve it. I'll chop a chicken into eight, so it retains its heat and retains its juice. And then, once the flesh is exposed, I'll season it. Because it's impossible, when you're seasoning a chicken on the outside, for that seasoning to penetrate right inside. You've just seasoned the skin.

Phil Howard, one of your old cooks, tried cooking meat sous-vide alongside traditional butter-basted roasting at The Square, and didn't find it improved the taste or texture of the food.

Why do you prefer conventional roasting?

Howard's an intelligent cook. Very intelligent. First off, you'll never get the caramelisation. And you'll never create the flavour. When you want to water-bath something, or sous-vide it, whatever you want to call it – I went to a restaurant here in Sydney that cooked its steak in a water bath and then rolled it in a pan. That's not a steak. I love a pan, I love a flame, I love a knife, and I love a large board. Everything's got to be an extension of you. Once you start making little foams (and they're tepid and the majority of the time tasteless), when too much emphasis goes into the presentation and starts to look like something other than what it looks like in real life, there's a problem. You roast a chicken perfectly, you make some juices with the *gras* and the caramelisation. You don't need much more – it's just as simple as that.

What did your protégés learn cooking with you?

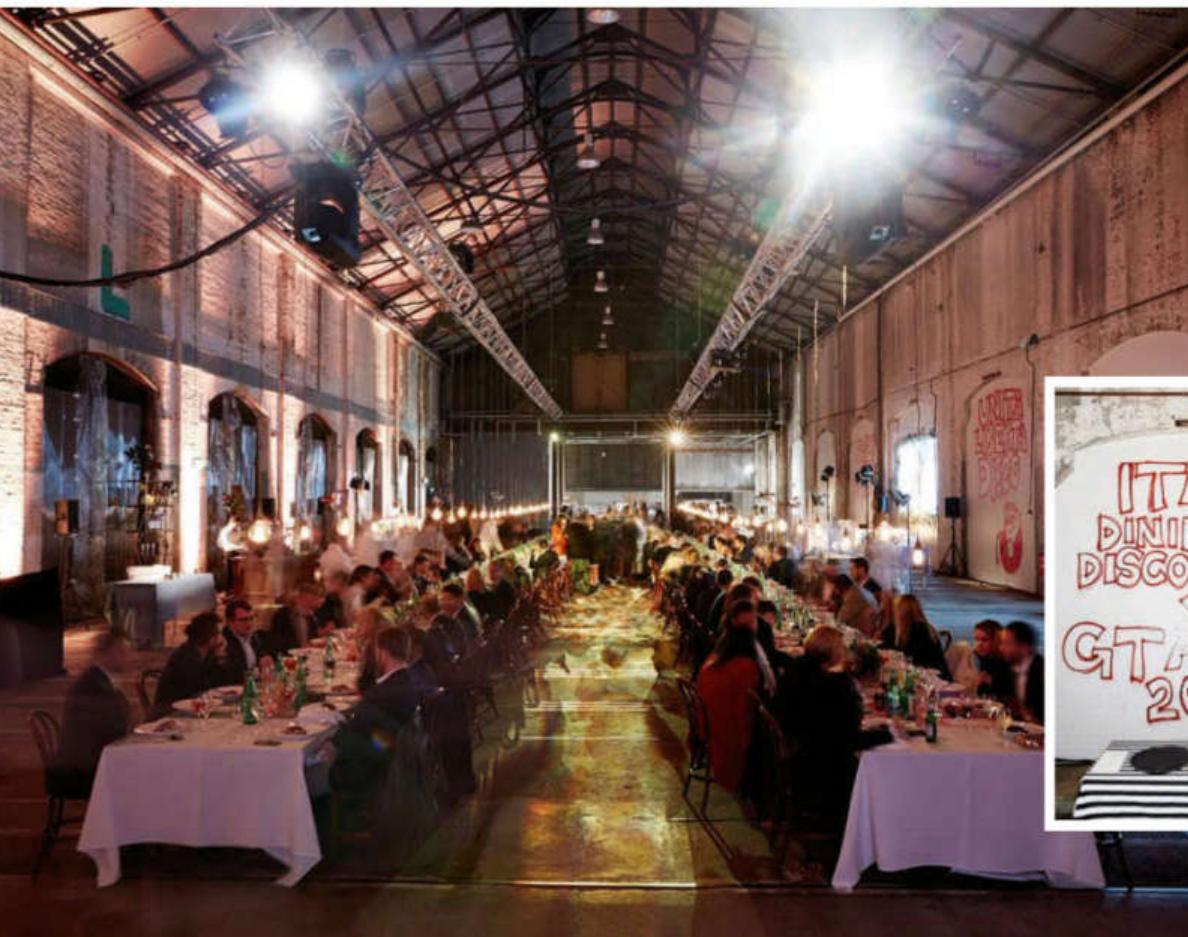
I was always a classicist. I believe we live in a world of refinement, not invention. When I was a boy and you walked into a restaurant, you'd smell food. When it was put down in front of you, you'd feel the warmth on your face. Today, you go to top restaurants and the chefs have turned food into canapés. How do they retain heat? They're tepid at best. Once food starts to go cold it dies.

It's all so sterile now. It bores me. Give me two great courses, and I'll come back next week for another two. But I was also guilty of it when I was a young man. We're taught to cook and you get this opportunity maybe when you're 24 and you want to show off all your technical ability, but as your confidence and your ability grows, it becomes simpler, and it's all about eating. Just cook what you want to eat. I look at all these courses in these restaurants and think, is that what they really want to eat? ●

Catch Marco Pierre White at Margaret River Gourmet Escape, 20-22 November, gourmetescape.com.au

WHITE HEAT
Marco Pierre White
photographed at
Guillaume restaurant in
Sydney's Paddington.

EVENT



Prize night

It was glamorous yet gregarious, soigné and street – the *Gourmet Traveller* Restaurant Awards honoured Australia's hospitality luminaries in fitting style.

The usually discrete worlds of élite dining and Italian dancing collided in the tastiest of ways at the *Gourmet Traveller* Restaurant Awards last month.

A creative collaboration with the Italo Dining and Disco Club project of Sydney restaurateurs Maurice Terzini and Giovanni Paradiso gave proceedings a cracked-mirror-ball sparkle as Rockpool was named Australia's Restaurant of the Year, Brae's Dan Hunter walked away with Chef of the Year and, in a surprise turn-out, Bennelong won New Restaurant of the Year. "It's a very special award to win," says Bennelong's Peter Gilmore. "It's one of the most coveted awards in the country because it's national."

It was an evening that brimmed with celebration and glammed-up bonhomie. Redfern's Carriageworks was a feast for more senses than one, with the teams from Icebergs and 10 William St putting together a menu that was gutsy and inventive in just the right measure. Natural wines from prosecco producer Zanotto and South Australian vino-provocateur Tom Shobbrook flowed as platters of anchovy grissini and gnocco fritto with speck were ferried around the crowd by a platoon of crisply white-jacketed waiters. And as

the awards got under way in earnest, guests rolled up their sleeves to make the most of radishes and laver cream, steamed artichokes and schmaltz, and mozzarella with black-garlic bread before the main event arrived: seriously luscious, piping-hot roast suckling pig with cime di rapa gratin and roasties.

It was a rocking night. As grand a spectacle as it presented, it was, as they say, one of those success stories that's the result of a lot of small things done well. The contributions from the crack team at Aria Catering, a kitchen led by Icebergs chef Monty Koludrovic and 10 William's Enrico Tomelleri, aperitivi and digestivi fuelled by Campari, Aperol, Four Pillars Gin, Peroni and Fox Beverages, and the support from Ilve, Uniworld, Sydney Kitchens and, above all, the essential sponsorship of major partner Vittoria Coffee, came together to make it a party truly worthy of celebrating the best in Australian hospitality.

The unfailingly glamorous Leila McKinnon cut a dash as host, friendships were forged and renewed over the table and the bar, laughs were had, and the good times (and disco tunes) continued well into the night, fuelled by Negronis and pizza. ●

DISCO MAGIC

Clockwise from top left: dinner under way at Sydney's Carriageworks, buffalo mozzarella with black-garlic bread and sorrel; Italo Dining and Disco Club creative directors Giovanni Paradiso (left) and Maurice Terzini.



PARTY PEOPLE

Clockwise from top left: Peter Gilmore (left) and John Fink of New Restaurant of the Year, Bennelong; tiramisù is served; Phil Wood and Neil Perry of Restaurant of the Year, Rockpool; Outstanding Contribution to Hospitality winner, Joost Bakker; kingfish crudo; (left to right) Aria Catering's Simon Sandall, and Icebergs' Monty Koludrovic and Alex Prichard; Darren Robertson (left) and Mark LaBrooy of Regional Restaurant of the Year, Three Blue Ducks; host Leila McKinnon (left), restaurant guide editor Pat Nourse and G7 editor Anthea Lucas; coffee from our sponsors, Vittoria Coffee; DJ Touch Sensitive; Giorgio De Maria with Nicola Calvert (centre) and Kylie Kwong of Wine List of the Year winner, Billy Kwong; chef Matt Moran and McKinnon; Chef of the Year Dan Hunter, of Brae.

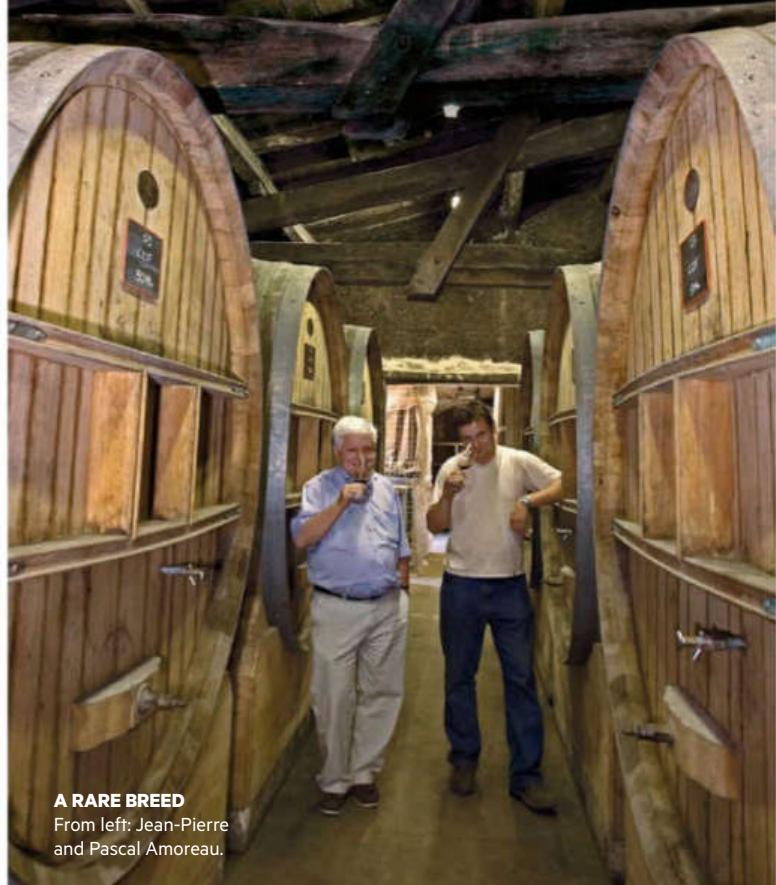


VERITAS

SETTING THE STANDARD, YET AGAIN.



RIEDEL.COM



A RARE BREED

From left: Jean-Pierre and Pascal Amoreau.

New growth

New-wave winemakers are using old-school techniques to liberate Bordeaux from itself, writes **Max Allen**.

The best way to take all your preconceptions about Bordeaux and shake them upside down is to try the ethereal wines of Château le Puy. The same family has run this estate since 1610 – two and a half centuries before the renowned 1855 classification cemented the reputations of Bordeaux's lofty First Growth châteaux, Margaux, Lafite, Latour and so on.

There's no architect-designed winery, no consultant helping to craft luscious modern wines to win high scores. Instead, 13th- and 14th-generation vignerons Jean-Pierre and Pascal Amoreau grow grapes and make wine as their ancestors did: biodynamic farming, ageing in big old barrels and in some cases bottling without any additions – including sulphur dioxide preservative – and following the cycles of the moon.

Before I first tasted their extraordinary, terroir-driven wines, it seemed France's dynamic artisanal, organic and natural movements had passed Bordeaux by. I've since discovered alternative producers there. Not many, but enough to get excited about – especially as some of their wines are now shipped here. The most high-profile example of the new wave in Bordeaux is classed-growth Pauillac château Pontet Canet, which converted to biodynamics in 2005, reintroduced horses to the vineyards and is now fermenting wine in amphorae.

Another is Château Peybonhomme-Les-Tours in the less famous Côtes de Blaye. "We converted to biodynamics," says owner Jean-Luc Hubert, "because

"These small family businesses aren't living off the reputations of the 1855 classification but acting creatively to build their own identity."

we live in the middle of our vineyard and we wish to live in the middle of a natural space for our health. But also to get a wine that reflects our place, and the biodynamic viticulture is the best to get that."

A particularly exciting development among new-wave Bordeaux winemakers is the use of lesser-known grape varieties. Rather than being made from cabernet or merlot, or séminon and sauvignon, many of these newer wines focus on the white grapes muscadelle and the rare sauvignon gris, and the so-called "minor" red grapes such as malbec and carménère.

Winemaker Tom Munro lived and worked in Bordeaux before moving to Australia. He now imports a great range of new-wave wines from the region with his business, The Other Bordeaux. "Before I first went to Bordeaux all I knew about it came from headlines about the establishment – all the classed-growth châteaux, the well-known labels," he says. "But I went to work on the southern edge of the region, miles from the marketing machines, moguls and phonies, where wineries are run by real people – small family businesses not living off the reputations of the 1855 classification but acting creatively to build their own identity."

That creativity is leading to some terrific wines. And unlike all the eye-wateringly expensive wines from Bordeaux's establishment, there's some good value, too.

SIX ALTERNATIVE BORDEAUX TO TRY

1. 2013 Château Peybonhomme-les-Tours

"Le Blanc Bonhomme", \$42 White Bordeaux in a Burgundy bottle? Talk about breaking the rules. The wine is a straight blend of séminon and sauvignon but is unusually exquisite: crisp pear, ripe grapes, late-summer flowers. bibendum.com.au

2. 2013 Château de Bel "Echapée Bel", \$35

Made almost entirely from the "third grape" of white Bordeaux, muscadelle, this is gorgeously rich and heady, with jasmine and honeydew melon and a savoury finish infused with soft herbs. theotherbordeaux.com.au

3. 2012 Château la Grolet "Les Vacances de

Monsieur Merlot", \$32 If only all merlot were as delicious as this: vibrant red fruit and inky plum followed by a touch of gravelly tannin. And a Jacques Tati gag on the label. bibendum.com.au

4. 2012 Château Tire-Pé "Les Malbecs", \$45

I'd never tried a 100 per cent malbec from Bordeaux, so this was a treat: dense purple, firm and sinewy at first, though time in the glass revealed deep flavours of juniper, liquorice and plums. theotherbordeaux.com.au

5. 2012 Château de Bouillerot "Cep d'Antan", \$35

Cep d'Antan means "the old-fashioned varieties", and this blend of carménère, petit verdot and malbec is fabulous. Dark meaty fruit and gravelly tannin sweep across the tongue. theotherbordeaux.com.au

6. 2011 Château le Puy "Emilien", \$95

Give this as much air as you can before you drink it: double decant it hours before and watch as its firm, meaty, savouriness opens into fragrant, ethereal fruit and elegance.

andrewguard.com.au ●

TOP DROPS OF THE MONTH



1

SLURPY RED
2015 Quarry Hill Lost Acre Tempranillo, Canberra District, NSW, \$25
The Spanish red grape tempranillo, with its ripe berry flavours and persistent but mellow tannin, is particularly well suited to the young, juicy, slurpable style of red wine currently in vogue – and this is a gorgeous example of the style.
quarryhill.com.au

2



ONE FOR THE CELLAR
2013 A Retief Field Blend, Hilltops, NSW, \$28
A highly unusual blend of grenache, mataro, merlot, malbec and tempranillo from a single vineyard, this dark, snappy wine is good now but has the density and tannin to mature beautifully in the cellar for at least the next 10 years.
aretief.com.au

Q&A



RAMI HEER

WINE INSIDER: RAMI HEER, VINTNERS BAR & GRILL, ANGASTON

What are your favourite pours right now, Rami? The 2014 vintage of Massolino Dolcetto d'Alba is one of those gluggable kinds of wine. **And your favourite food-and-drink pairing?** Our Clare Valley beef tartare goes really well with a 2012 Morgon Côte du Py gamay from Jean Foillard. Delicate wines for delicate dishes. **Who are your current winemakers to watch?** Boutique winemakers like Fraser McKinley from Sami-Odi and Abel Gibson from Ruggabellus. They're reinterpreting classic styles while staying true to the Barossa. **And what should we be drinking now that the weather is warming up?** I'd be looking at some nice muscadets from Loire. And, being in the Barossa, riesling is always fantastic. *Vintners Bar & Grill, 752 Stockwell Rd, Angaston, SA, (08) 8564 2488* EMMA HUTTON



6

BRILLIANT BURGUNDY
2013 Benjamin Leroux Bourgogne Rouge, France, \$65

There were some terrific top-end wines at a recent Leroux tasting – 1er Cru Volnay, Grand Cru Corton – but the one I wanted to keep drinking because it was so vibrant and utterly delicious was this relatively humble Bourgogne rouge. bibendum.com.au

3

RIESLING FROM HERE
2013 Glaetzer-Dixon Überblanc Goldpunkt Riesling, Tas, \$36

In a way, this tastes more stereotypically Germanic than the riesling from Germany also reviewed on this page: it's very pale, extremely enticing to smell – all lime-leaf and white flowers – and intensely grape-pulpy in the mouth.

gdfwinemakers.com

4



SPICY SYRAH

2013 Bird on a Wire Syrah, Yarra Valley, Vic, \$40

If you like medium-bodied cool-climate shiraz with a gentle dusting of peppercorns – some rich and black, some dusty and white – and a healthy dose of juicy black cherries and plums, track down a bottle of this. Seriously good.

birdonawirewines.com.au

5



RIESLING FROM THERE

2014 Keller Von der Fels Riesling, Rheinhessen, Germany, \$59

If you're expecting this German riesling to taste light and grapey, then you'll be surprised: this tastes more like a seriously dry Australian riesling crossed with the rich minerality of a white Burgundy. It's fantastically complex and multilayered. heartandsoil.com.au

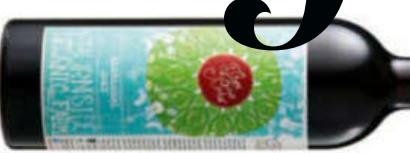
7

THE NEW NORMAL
2013 Seresin Osip Pinot Noir, Marlborough, New Zealand, \$65

Reach for a bottle of this lovely medium-bodied pinot the next time your wine cynic friends start bagging biodynamics or natural wine: it's wild-fermented from certified biodynamic grapes with no sulphur dioxide added, but it tastes completely, well, normal.

nelsonwineco.com.au

9



10



HELLO, SAILOR

Four Pillars Navy Strength Gin, Yarra Valley, Vic, 700ml, \$95

The "standard" Four Pillars gin at 41.8 per cent alcohol is good, but this 58.8 per cent bottling is very good: punchy, rich, full of the flavours of juniper and citrus and woody spices. Perfect for a Dirty Martini or a Gimlet (gin and lime juice).

fourpillarsgin.com.au



A taste of what's
on the menu...

THE GOURMET
TRAVELLER

HAMPER

fresh from



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EVENTS

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Our experienced team will also be on hand to answer any questions you may have, along with presentations from a variety of cruise lines.

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6pm–8pm	27 October 2015	Park Hyatt, Melbourne Parliament Square

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The Gaul of it all

With a Gallic shrug of resignation and a soupçon of sufferance, **AA Gill** finds himself defending the honour of the French. *Quelle horreur.*

As I write this, there are flaming tyres at the mouth of the Channel Tunnel, lit by striking ferry workers, and a few thousand desperate migrant workers are trying to smuggle themselves onto trucks and trains bound for England.

On our side of the channel are motorways being used as a lorry park, and holidaymakers trying to get to France are having days of delay. The press are running bloodshot headlines denouncing France and the French as having descended into chaos and decrepitude: they are incapable of running a country. You would think that this was the fall of the Roman Empire all over again, with the starving and dispossessed Goths, Huns and Alans surging across the Danube for protection and work in the Western empire.

This story is the oldest known to British publishing. "Norman Hordes Gather at Calais. Harold Calls Emergency Meeting." "Normans Gather Flotilla in Calais. Parliament to Discuss." "Hitler at Calais". Et cetera, et cetera. The ancient runic belief that only the channel and those cliffs made out of schoolmasters' chalk stand between us and the nefarious polyglots and enfeeblement of the Continent is the story that's been told so often and for so long, it's not really a question of believing it any more. It would be like not believing the weather. And its most recent and inclement outing has spoiled it all for me.

Once a year or so, after I've had a flabby croissant or heard Carla Bruni singing or tried yet again to read Proust, I get to write the equally pleasurable and fabled piece about

the decline of everything French: the end of French cuisine, the absence of anything watchable in French cinemas or readable in French novels, the fact that the flame of French philosophy is solely the possession of Bernard-Henri Lévy (the Gallic Simon Cowell), the laughability of French presidents, the pomposity of French politicians and the risible stubborn refusal, despite everything, of the French to work for a single day in August.

You see, this stuff just rolls onto the page. Mocking the French is not just England's greatest literary sport, it is Europe's greatest pleasure. We're frightened of the Germans, infuriated by the Spanish, pity the Greeks; we would all like to be Italian, we're bored with the Scandinavians, and we can't remember what we think about the Belgians, but we all, all laugh at the French. We do it as a sort of hilarity transfusion because the French are utterly unable to laugh at themselves.

And now we can't do that any more because the tone and the mood of the invective have changed from being soundly joshing to being spiteful foreigner-baiting. And that means I have to reach into the drawer marked "Only in Emergency" and pull out the envelope that says "Reasons for Loving the French".

I always hoped against hope that it would never come to this, but these are desperate times. And this is the article to conquer *le despair*. So, reasons we should always love and cherish the French:

One: blue. I love blue. It is the colour with the most variations, and it is the colour of France. The French do blue better than anyone else. Picasso's blue period, Yves Klein's patented ultramarine, the French blue of the Tricolour, and the faded blue of a clochard's overalls, the blue of the Mediterranean seen from Corniche, and the blue that is the colour of that particular French mood, pleasurable depression – a languorous nihilism, the generally becalmed, civilised blue passivism of France. France's blue.

Two: cheese. Aged Comté, Beaufort, camembert, Roquefort, Saint-Félicien, l'explorateur. There are 400-odd distinct>



AA GILL IS AWAY

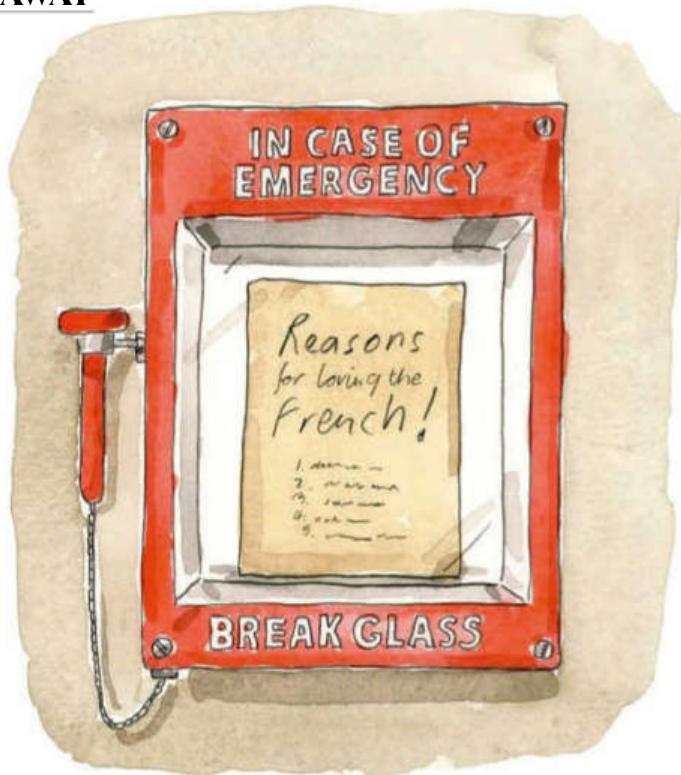


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types of French cheese, and possibly a thousand variations. Cheese is, above and beyond everything, the measure of culture. It is the load-bearing pillar of civilisation. The world is separated by those that have cheese and those that have cheese string, cheese dip, and "do you want cheese on that?" France holds the great ark of worldly fromage. Without cheese, there is no civilisation worth living and without France, there is precious little cheese worth eating.

Three: restaurants. The Greeks asked us to respect and thank them for inventing democracy, even if they haven't been much of an advertisement for it for 2000 years. So it is for the French and restaurants. Indeed, how much greater is the gift of the restaurant than dull old democracy? If you were asked out on a date and given the choice of a corner table in a chic, exciting restaurant, or a trip to a polling booth, which would you choose? If you said the polling booth, it's because you've never been asked on a date. The French may not be able to cook in them any more, but the idea, the panache, the possibilities, the élan, the expectation of restaurants are all utterly French (even if the first restaurant was called the London Bridge) and the French alone are responsible for them.

Restaurants encapsulate the French ability to fervently believe two contradictory things at one and the same time. The restaurant grows out of the café as a place where everyone can eat like a lord. The greatest feats of comestible epicurean sophistication are offered to one and all in a truly democratic way. But then they have a booking system that won't allow

just anyone to get a table. Oh no, you have to know someone, tip someone or be famous. So, simultaneously, the restaurant is both exclusive and popular.

Four: never working in August is insufferably, infuriatingly French. The whole of France goes on holiday just at the moment when everyone else wants to go on holiday in France. But it means that we all get to see something that is important: your holidays are more important than your work. The economists, the plutocrats, the businessmen and the bankers, and the investors may all scream that work is the most important thing that you do. But when you're lying on your death bed due to your bloated liver and you're surrounded by your many, many children (all conceived in August), you won't say "Oh, my one regret is that I didn't travail more; it may well be because I didn't have more Augests."

The French hold onto a truth about the importance and the quality of a nation's life. It may be economically illiterate and reprehensible. It may be idiotic. But it is the truth that the most important law of any country and economy or state is that they're there for the benefit of their citizens and not the other way around.

Five: being a European. Without the French, none of us would really know what being a European looked like. When we all think of the archetypal European, what we think of is someone that looks and sounds and moves remarkably like some French bloke.

It gives me no real pleasure to offer you this column. I sincerely hope that we never have to do it again in my lifetime. ●

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At your service

Tea is served here at *Gourmet Traveller*, with a special twist. We've teamed up with master pottery house Robert Gordon to create a range of tableware – introducing the *Gourmet Traveller* Signature Collection.

***Gourmet Traveller* Signature Collection**

Cake stands (tall and short), \$109.95; cake plate with rim, \$60; oval platter, \$60; side plate, \$35.95; ramekin, \$35.95 (tall), \$30 (short); creamer, \$35.95.





Hitting the shelves exclusively at Domayne this month is the *Gourmet Traveller* Signature Collection by Robert Gordon Australia. The high tea-themed collection – which is handmade here in Australia – comprises eight pieces, including creamers, cake stands, platters and plates in Vanilla, Shortbread, Charcoal and Sage.

Fittingly, perhaps, for a line of fine tableware, the collection started as a conversation at the table. In this case the principals were the editor of *Gourmet Traveller*, Anthea Loucas, and Robert Gordon Australia's sales and marketing manager, Sam Gordon, having lunch at The Apollo in Sydney. The third-generation Melbourne pottery company's pieces have been no stranger to our pages over the years, so the fit seemed entirely natural.

That was more than 12 months ago, but in a sense the story goes back many more years. It was in 1945 that Sam Gordon's grandparents started their pottery business, Dyson Studios. Sam's father, Robert Gordon, began making pots in the late 1970s and, with his entire family along for the ride, he has grown the business from a modest backyard production to one of the leading (and one of the last remaining) production potteries in the country. Sam and his elder siblings, Kate, Hannah and Bobby, now run the business; it employs 35 people in the Pakenham warehouse on the fringes of Melbourne, a number of whom have been

there for 20 years. While the Gordons like to keep it in the family, it's a business with a collaborative heart.

The collection is as much *Gourmet* as it is team Gordon. For the past year, references have been flying between Sydney and Melbourne. Shapes have been rethought, moulds rebuilt and glazes worked time and again until the *Gourmet Traveller* Signature Collection was born.

GT's food and style director, Emma Knowles, joined Sam, Kate and the design team at the Melbourne factory to oversee the production process. "We wanted our range to have all the little details that we'd noticed were missing from others when we were styling things," says Knowles. "It was important that we were all 100 per cent in love with it. The entire range, sat together, could have come straight out of the pages of *Gourmet*."

Where the very mention of afternoon tea might have some collectors fearing an outbreak of the tizzy and the twee, the collection takes a different tack. The starting point for its aesthetic was a box of vintage Italian wallpapers that one of the Robert Gordon Australia's mould-makers – a young Italian named Glauco Urbanucci – had brought from Italy. "High-tea stories are usually very floral, but this collection looks at more subtle textures and patterns," says Kate, head of design and development for the company.>

FAMILY MATTERS

Above, clockwise from left: Bobby, Hannah, Sam and Kate Gordon; a side plate fresh off the press; mould-maker Glauco Urbanucci; Emma Knowles (left), Kate Gordon and Urbanucci discuss moulds at the Robert Gordon factory; rows of bisqueware ready for glazing.



Detailed yet practical design is the stamp of the collaboration. Both the cake stands and cake plates, for instance, have a slight lip on the edge, so if you have a sauce or syrup to drizzle over your cake, say, it's got somewhere to go. "There's no point having something beautiful if it doesn't work," says Knowles.

Lace-patterned embossing with a matte finish features across the range, bleeding out in parts to make way for contrasting, high-gloss finishes. The cake stands come in two heights, and break down to be sold separately as ramekins and cake plates, which perform double duty. Platters, creamers and side plates round out the collection. "It was very much

"It's an extension of what the magazine is all about – *entertaining, experience* and escape."

about creating something that wasn't already on the market," says Knowles. "No one needs another plain white platter."

While the brief may have been a contemporary high tea, the goal was to create colours and shapes that are unique but also fashion-forward. "I like to think of them as table accessories, a bit like a fashion capsule collection – pieces that can slot easily into and around the tableware you might already have, and that you would update season to season," says Loucas. "Plus it's really giftable and perfect for special occasions such as bridal showers or birthday parties."

Sue Kropf, product development and visual merchandising manager at Domayne, says it's a range for people who love to create a beautiful table as much as they do to cook and entertain. "It's an extension of what the magazine is all about," she says. "Entertaining, experience and escape." ●

Prices start from \$30 (see page 100). The range is showcased in our French cakes feature on p142.

POTTED HISTORY

Clockwise from above: ramekins from the collection; Knowles with Kate and Sam Gordon; Knowles studies glaze samples; backstamp created for GT; Kate (left), Urbanucci and Knowles in the workshop.

WHERE TO BUY

The *Gourmet Traveller* Signature Collection by Robert Gordon Australia is available exclusively at these Domayne stores and online from October.

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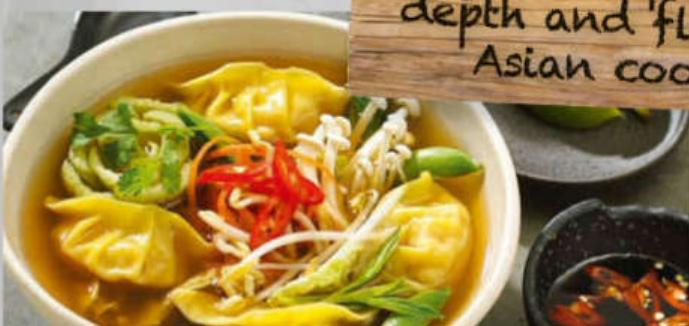
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OCTOBER 2015

food

Charcuterie, beef Bourguignon, seductive sweets and glamorous gâteaux – mais oui, it's the French issue.

Flash in the pan Whether it's outrageous chocolate-coffee cake or savoury socca, crêpes are enduring crowd-pleasers.

Brahimi en famille In his new book, French chef Guillaume Brahimi prepares the dream menus of prominent Australians in their homes.

Miracle cures More than a means of preserving, the art of charcuterie bestows new dimensions of savour and texture on meats.

Where's the boeuf? Beef up your meat repertoire with all-time French favourites – who can go past the likes of steak frites with saucy béarnaise?

Let them eat cake From petites madeleines to an ovation-worthy gâteau Opéra, the French kitchen has the pastry world covered.



flash in the pan

From this outrageous chocolate-coffee cake to the simplicity of socca, crêpes are enduring crowd-pleasers.

RECIPES & FOOD STYLING EMMA KNOWLES PHOTOGRAPHY CHRIS COURT
STYLING GERALDINE MUÑOZ



Chocolate-coffee
crêpe cake (RECIPE P113)

BUCKWHEAT CRÊPES

Diesel scalloped plate from Chee Soon & Fitzgerald. Taitú black and white fine bone china plate by Emilio Bergamin from Trovata. Louis French vintage table (used throughout) from Ici et Là. **CAKE** "Victoria Ghost" chair by Philippe Starck for Kartell (used throughout) from Space Furniture.

Basix linen runner from Hale Mercantile Co. "Sparkling" Champagne glass by Tsé & Tsé from Space Furniture. Gold serving spoon from The DEA Store. Taitú "Diva" teacup by Emilio Bergamin from Trovata. All other props stylist's own. Stockists p199.



Buckwheat crêpes with egg and asparagus

(RECIPE P110)



Socca with rosemary and olives

This Niçoise specialty is delicious **piping hot** from the pan and preferably with a cold glass of rosé.

HOT TIP

When you're cooking a lot of crêpes, the pan will get hotter as you go, increasing the chance of burning. If the pan is getting too hot, give it a rest for a minute, then get started again.

Socca with rosemary and olives

Whether socca is a crêpe or a pancake is debatable, but, whatever you call it, this Niçoise specialty is delicious piping hot from the pan, preferably paired with a cold glass of Provençal rosé. Socca is traditionally cooked over coals or in a wood-fired oven, producing a pancake with a smoky flavour and scorched edges.

Prep time 10 mins, cook 15 mins (plus resting)

Serves 4–6 as a snack

130 gm chickpea flour (also called besan)
60 ml (¼ cup) olive oil
Rosemary, extra-virgin olive oil and wild black olives, to serve (see note)

1 Combine chickpea flour and 1 tsp salt in a bowl, gradually whisk in 280ml cold water until smooth, then whisk in half the oil. Place in a jug, cover with plastic wrap and rest at room temperature (3 hours).

2 Heat a grill to very high. Add remaining oil to a 25cm flameproof frying pan (ideally cast iron) and place under the grill. When pan is very hot, carefully add a third of the batter, swirl to cover base and grill until blistered and beginning to scorch around the edges (4–5 minutes). Transfer to a chopping board and repeat with remaining batter, adding extra olive oil to pan between batches if necessary. Scatter with rosemary, sea salt and plenty of freshly ground black pepper, drizzle with extra-virgin olive oil, cut into wedges and serve hot with olives.

Note Wild black olives are available from select delicatessens; otherwise substitute other small black olives.

Buckwheat crêpes with egg and asparagus

Think of this as the perfect Sunday brunch dish. You can make the batter a day ahead to make things easier. Be sure to use ultra-fresh eggs as they'll hold their shape better and remain contained in the centre of the crêpes.

Prep time 20 mins, cook 30 mins (plus resting)

Makes 8 (pictured p109)

8 eggs
680 gm (about 4 bunches) asparagus, ends trimmed
100 gm cherry tomatoes, diced
2 tbsp coarsely chopped soft herbs such as chives, chervil, basil and mint
2 tbsp extra-virgin olive oil
3 tsp red wine vinegar
Lemon juice, to taste

Buckwheat crêpe batter

140 gm buckwheat flour
2 eggs
140 ml milk
30 gm melted butter, plus extra for brushing
140 ml beer

1 For buckwheat crêpes, place flour and a good pinch of salt in a bowl. Whisk eggs, milk, butter and 125ml water in a separate bowl, gradually add to flour, whisking continuously until very smooth. Whisk in beer, then check consistency; the batter should just coat your finger – if it's too thick, add a little more water. Cover with plastic wrap and set aside to rest at room temperature (1 hour).

2 Preheat oven to 120C and line an oven tray with baking paper. Heat a 21cm crêpe pan over medium heat, brush with melted butter, then add 60ml crêpe batter, swirling to spread evenly over base of pan. Crack an egg into the centre, season to taste and cook until edges of crêpe turn golden (1–2 minutes). Fold in edges to partially cover egg, forming a square, reduce heat to low and cook until egg is cooked to your liking (2–3 minutes for soft yolks). Transfer to tray and keep warm in oven while you cook remaining crêpes.

3 Meanwhile, blanch asparagus until bright green and just tender (1–2 minutes; see cook's notes p200), drain and keep warm. Toss tomatoes, herbs, olive oil, vinegar and lemon juice in a bowl, season to taste and serve spooned over buckwheat crêpes and asparagus.

Ocean trout in crêpes and brioche

Our friend and contributor Damien Pignolet is the master of coulibiac and showed us this technique of baking it in a loaf tin. We've used ocean trout in place of salmon and added fennel to the mix, while the herbed buttermilk crêpes that enclose the filling add another layer of flavour. Although this recipe has many steps, once the loaf is assembled, you can refrigerate it overnight and bake it the following day – ideal for serving at a long weekend lunch.

Prep time 1 hr, cook 1 hr (plus resting, proving, cooling)

Serves 8

40 gm butter, diced
200 gm Swiss brown mushrooms, thinly sliced
800 gm piece of skinless ocean trout, pin-boned
Shaved fennel dressed with extra-virgin olive oil and lemon juice, to serve
Finely chopped chives, salmon roe and lemon wedges, to serve

Rice filling

300 gm cooked long-grain rice (100gm uncooked)
30 gm butter, diced
½ leek, finely chopped
½ small fennel bulb, finely chopped
1 garlic clove, finely chopped
Finely grated rind of 1 lemon
½ cup each finely chopped flat-leaf parsley and dill

Buttermilk crêpes

125 gm plain flour
300 ml each well-shaken buttermilk and milk
2 eggs
30 gm melted butter, plus extra for brushing
1 tbsp each finely chopped dill, chives and flat-leaf parsley

Brioche

280 gm plain flour
7 gm (1 sachet) dried yeast
3 eggs, lightly beaten, plus 1 extra for beaten eggwash (see cook's notes p200)
2 tbsp lukewarm milk
120 gm softened butter

1 For rice filling, cook rice by the absorption method, then tip into a bowl to cool. Meanwhile, melt butter in a saucepan over medium-high heat, add leek, fennel and garlic and sauté until tender but not coloured (2–3 minutes). Stir in rind and add to rice. When cooled, stir in herbs and season to taste.

2 For crêpes, place flour and a pinch of salt in a bowl. Whisk buttermilk, milk, eggs and butter in a separate bowl to combine, then gradually add to flour, whisking continuously until very smooth. Stir in herbs, cover and set aside to rest at room temperature for 1 hour. Heat a 21cm crêpe pan over medium-high heat, brush lightly with melted butter, then add 80ml crêpe batter, swirling pan to spread evenly over base. Cook until golden on the bottom (1–2 minutes) and bubbles appear on the surface, then turn and cook for another 30 seconds), transfer to a tray lined with baking paper, wipe out pan with paper towels and repeat until you have 6 crêpes.

3 While crêpe batter rests, make the brioche. Mix flour, yeast and 1½ tsp salt in an electric mixer fitted with a dough hook. Whisk eggs and milk in a separate bowl, then gradually add to flour mixture, mixing on medium speed and scraping down sides of bowl, until dough pulls away from sides. Beat in butter a little at a time until dough is smooth and glossy (2–3 minutes). Transfer to a container, cover with plastic wrap and refrigerate until well chilled (30 minutes).

4 Melt butter in a frying pan over medium-high heat, add mushrooms and sauté until golden brown and tender (3–4 minutes). Season to taste and cool to room temperature. Tip out any liquid that forms in the bowl as mushrooms cool.

5 Preheat oven to 200C. Trim fish into two 5cm x 21cm rectangles and season to taste. Overlap crêpes on a large piece of baking paper to form a rough 30cm x 35cm rectangle. Spread half the rice mixture lengthways down the centre of the crêpes in roughly the same shape as the

fish, scatter half the mushrooms over, then stack both pieces of fish on top. Spread with remaining mushrooms, then top with remaining rice, gently pressing with your hands. Use the baking paper to help wrap crêpes over to enclose mixture.

6 Butter and line an 11cm-deep, 11cm x 27cm loaf tin with baking paper. Roll brioche dough on a lightly floured piece of baking paper to a 40cm x 55cm rectangle. Place trout parcel in the centre lengthways, fold sides of dough up and over trout parcel to enclose, pinching to seal. Carefully place seam-side down in tin and gently press to flatten top. Brush with eggwash and refrigerate to rest (10 minutes). Bake for 15 minutes, then reduce oven to 160C and bake until puffed and golden brown (8–10 minutes).

7 Stand for 5 minutes, then transfer to a platter to rest for 10 minutes. Trim ends, then thickly slice, scatter with chives, top with salmon roe, and serve with fennel salad.>

OCEAN TROUT Basix linen table runner from Hale Mercantile Co. Studio Enti plate from Catapult Design. **SOCCA** Handmade Japanese bowl and spoon from The DEA Store. Basix linen napkin from Hale Mercantile Co. All other props stylist's own. Stockists p199.



Ocean trout in crêpes and brioche



Crêpes Suzette



Crêpes Suzette

This dish is a classic, and for good reason – the sheer theatre of flaming the dish is a winner, but so too is the tang of citrus.

Prep time 40 mins, cook 50 mins (plus cooling, freezing, resting)

Serves 4-6

- 175 gm plain flour
50 gm caster sugar
Finely grated rind of 1 orange
500 ml (2 cups) milk
3 eggs
80 gm melted butter, plus extra for brushing
50 ml Cointreau or Grand Marnier, plus 60ml extra, to flamber
1 ruby grapefruit, peeled and segmented
2 oranges, peeled and sliced into rounds
2 blood oranges, peeled and sliced into rounds
Suzette butter
110 gm (½ cup) caster sugar
Finely grated rind and juice of ½ orange and ½ lemon
150 gm softened butter
40 ml Cointreau or Grand Marnier
40 ml Cognac or brandy

- 1 Combine flour, sugar, orange rind and a pinch of salt in a bowl and make a well in the centre. Whisk milk, eggs and butter in a separate bowl, then gradually add to flour mixture, whisking until very smooth. Whisk in liqueur, then transfer batter to a jug, cover with plastic wrap and set aside at room temperature for 1 hour to rest.
2 Heat a 21cm crêpe pan over medium-high heat, brush with melted butter, then pour in 60ml crêpe batter, swirling pan quickly to spread evenly over base. Cook until golden on the base (1-2 minutes) and bubbles appear on the surface, then turn to cook other side (30 seconds). Transfer to a tray lined with baking paper, wipe out pan with paper towels and repeat with remaining batter, stacking crêpes as you go.
3 For Suzette butter, combine, sugar, rinds and juices in a bowl, stir to dissolve sugar, then beat in butter, stir in liqueur and Cognac, and set aside.
4 Melt a little Suzette butter in crêpe pan, add a crêpe and cook, turning once, to coat (10-15 seconds), fold into quarters and transfer to a flameproof dish. Repeat with remaining crêpes, adding a little Suzette butter each time. Add remaining Suzette butter to crêpe pan, bring to a simmer and cook to a syrup consistency, then pour a little more over crêpes and the remainder in a jug to serve alongside. Return pan to heat until warm, add extra Cointreau, carefully ignite with a long match, tilting pan away from you (be careful, alcohol will burst into flames), then pour flaming liqueur over crêpes. Serve warm with citrus segments and slices and Suzette syrup.

Chocolate-coffee crêpe cake

Delicate vanilla-scented crêpes layer beautifully with a whipped coffee-spiked truffle filling, while crème fraîche cuts the richness. We've opted for a cacao nib and coffee bean praline in place of a more traditional nut praline, which adds excellent texture.

Prep time 30 mins, cook 40 mins (plus resting, cooling, chilling)

Serves 8-10 (pictured p108)

- 60 gm plain flour
35 gm caster sugar
Scraped seeds of 2 vanilla beans
170 ml milk
1 egg
25 gm melted butter, plus extra for brushing
70 ml beer
800 gm crème fraîche
70 gm pure icing sugar, sieved
40 ml coffee liqueur
Cocoa (optional), for dusting
Cacao-coffee praline
100 gm caster sugar
30 gm cacao nibs
1 tbsp coarsely crushed coffee beans
Chocolate-coffee truffle cream
600 ml pouring cream
20 ml espresso
450 gm dark chocolate (54% cocoa solids), melted
4 egg yolks
2 tbsp caster sugar
1 tbsp coffee liqueur

1 For cacao-coffee praline, stir sugar and 60ml water in a saucepan over medium-high heat to dissolve sugar, bring to the boil and cook without stirring until dark caramel (6-7 minutes). Remove from heat, stir in cacao nibs and coffee beans, tip onto a lightly oiled baking tray and stand until set. Coarsely break up and store in an airtight container until required.

2 Combine flour, sugar, half the vanilla and a pinch of salt in a bowl, and make a well in the centre. Whisk milk, egg and butter in a separate bowl to combine, gradually add to flour mixture, whisking until very smooth, then whisk in beer. Transfer to a jug, cover with plastic wrap and set aside at room temperature for 1 hour to rest.

3 Heat a 21cm crêpe pan over medium-high heat, brush with melted butter, then pour in 60ml crêpe batter, swirling to spread evenly over base of pan. Cook until golden on the base (1-2 minutes) and bubbles appear on the surface, then turn to cook other side (30 seconds). Transfer to a tray lined with baking paper, wipe out pan with paper towels and repeat with remaining batter, stacking crêpes as you go. Set aside to cool. You'll need 7 crêpes.

4 For chocolate-coffee truffle cream, bring cream and coffee to the simmer in a saucepan over medium-high heat, remove from heat, add chocolate and stand for 5 minutes, then stir until

smooth. Whisk yolks, sugar and liqueur in a bowl placed over a saucepan of simmering water until thick and pale (2-3 minutes), then transfer to an electric mixer, add chocolate mixture and whisk until thick and cooled to room temperature (6-8 minutes). Refrigerate, whisking occasionally, until mixture is a thick spreadable consistency (2-3 hours). Truffle cream can be made ahead; soften at room temperature before using.

5 Whisk crème fraîche, icing sugar, liqueur and remaining vanilla in a bowl to firm peaks.

6 To assemble, place a crêpe on a serving plate and spread with a little chocolate-coffee truffle cream, then spread with a little crème fraîche and scatter with a little praline. Repeat this layering with all crêpes, finishing with a layer of chocolate-coffee truffle cream. Refrigerate until just firm (30 minutes), then serve scattered with praline and dusted lightly with cocoa. >

MORE ONLINE

Gâteaux, galettes, Pithiviers and tarts – the French know a thing or two about baking. Check out some of the classics: gourmettraveller.com.au



TEXT PAGE

Basix linen napkin from Hale Mercantile Co. Taifú bone china side plate by Emilio Bergamin from Trovata. All other props stylist's own. Stockists p199.

CRÊPES SUZETTE

All props stylist's own.



HAM & CHEESE

Decorative wall panel

from Unique Plaster.

SOUFFLÉ Basix linennapkin by Hale Mercantile
Co. All other props stylist's
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Baked wholemeal crêpes
with ham, leek and Gruyère

Baked wholemeal crêpes with ham, leek and Gruyère

There's a reason ham and cheese is such a classic combination – it simply tastes amazing, especially when best-quality ingredients are in the mix. We've opted for an aged Gruyère and thinly shaved leg ham off the bone.

Prep time 40 mins, cook 50 mins (plus resting)

Serves 4-6

200 gm thinly shaved leg ham

100 gm finely grated aged Gruyère, plus extra, for scattering

1 tbsp thyme, plus extra to serve

Melted butter, for drizzling

Baby spinach dressed with mustard vinaigrette, to serve

Wholemeal crêpes

80 gm wholemeal flour

160 ml milk

3 eggs

160 ml beer

30 gm melted butter, plus extra for brushing

Leek béchamel

100 gm butter, diced

1 leek, thinly sliced

1 small garlic clove, finely chopped

50 gm (½ cup) plain flour

700 ml warm milk

120 gm finely grated aged Gruyère

1 For crêpe batter, place flour and a pinch of salt in a bowl. Whisk milk and eggs in a bowl to combine, then whisk in beer and butter. Gradually add to flour, whisking until smooth, then cover and set aside at room temperature for 1 hour to rest.

2 Meanwhile, for leek béchamel, melt butter in a saucepan over medium-high heat, and sauté leek and garlic until translucent (4-5 minutes). Stir in flour and cook until sandy textured, then gradually whisk in milk. Season to taste and whisk continuously until mixture bubbles and thickens and no longer tastes like flour (4-5 minutes). Remove from heat, stir in Gruyère, cover directly with a piece of baking paper and set aside.

3 Preheat oven to 200C. Heat a 21cm crêpe pan over medium-high heat, brush with melted butter then pour in 60ml crêpe batter, swirling pan to spread evenly over base. Cook until golden on the base (1-2 minutes) and bubbles appear on the surface, then turn and cook other side (30 seconds). Transfer to a tray lined with baking paper, wipe out pan with paper towels and repeat with remaining batter, stacking crêpes as you go.

4 Place crêpes on a work surface and spread half of each with leek béchamel, leaving a 1cm border. Scatter with ham, Gruyère and thyme, season to taste and fold into quarters. Place in a single layer on a baking tray lined with baking paper, drizzle with butter, scatter with extra Gruyère and bake until bubbling (6-8 minutes). Scatter with thyme and serve with spinach salad.

Berry soufflé crêpes with vanilla cream

A soufflé crêpe is a French double-whammy. The same technique could be applied to a host of seasonal fruit.

Prep time 30 mins, cook 20 mins

(plus cooling, resting, macerating)

Serves 4

180 ml milk

2 eggs, separated

60 gm caster sugar

20 gm plain flour

50 gm each strawberries and raspberries, coarsely puréed with 1 tbsp brandy, plus 100gm each extra raspberries and strawberry wedges, to serve

40 gm sieved icing sugar, plus extra for dusting

1 tbsp Cointreau

200 ml thickened cream

Scraped seeds of ½ vanilla bean

Brown sugar crêpes

120 gm plain flour

35 gm brown sugar

Scraped seeds of ½ vanilla bean

330 ml milk

2 eggs

50 gm melted butter, plus extra for brushing

80 ml beer

1 Bring milk to a simmer in a saucepan over medium-high heat. Whisk yolks and half the sugar in a bowl to combine, then whisk in flour. Add milk, whisking continuously, then return to pan over medium heat and whisk continuously until thick and bubbling (1-2 minutes). Place in a bowl, cover directly with plastic wrap and cool, then whisk in puréed berries. Stand at room temperature.

2 For crêpes, combine flour, sugar, vanilla seeds and a pinch of salt in a bowl and make a well in the centre. Whisk milk, eggs and butter in a bowl, gradually add to flour mixture, whisking until very smooth, then whisk in beer. Transfer to a jug, cover with plastic wrap and set aside at room temperature for 1 hour to rest.

3 Preheat oven to 220C. Heat a 21cm crêpe pan over medium-high heat, brush with melted butter, then pour in 60ml crêpe batter, swirling pan to spread evenly over base. Cook until golden on the base (1-2 minutes) and bubbles appear on the surface, then turn and cook other side (30 seconds). Transfer to a tray lined with baking paper wipe out pan with paper towels and repeat with remaining batter, reserving in a single layer.

4 Whisk eggwhites in a clean bowl with a pinch of salt to soft peaks. Gradually add remaining caster sugar and whisk to soft glossy peaks, then fold into strawberry mixture. Spread half of each crêpe with strawberry mixture, leaving a 1cm border, fold crêpe over and transfer to a baking tray lined with baking paper. Brush with melted butter, dust heavily with icing sugar and bake until puffed and cooked through (8-10 minutes).

5 Combine remaining berries in a bowl with 20gm icing sugar and liqueur, and stand to macerate. Whisk cream, remaining icing sugar and vanilla seeds in a bowl to soft peaks. Serve hot soufflé crêpes dusted with icing sugar and topped with whipped cream and macerated berries. ●

Berry soufflé crêpes
with vanilla cream



HOT
TIP

A cast-iron crêpe pan is a handy tool and gets better the more it's used. Skip the washing up and simply wipe it out with paper towels, then rub it lightly with a neutral oil such as grapeseed or canola to keep it from rusting.

Brahimi *en famille*

In his new book, Sydney's celebrated French chef Guillaume Brahimi prepares the dream menus of prominent Australian families in their homes. We present a selection to take you from entrée to dessert.

RECIPES & FOOD STYLING GUILLAUME BRAHIMI WORDS MAYA KERTHYASA
PHOTOGRAPHY ANSON SMART



Snapper and mussel pie with baby vegetables, chervil and tarragon (RECIPE P120)



Family meals around Guillaume Brahimi's table always consist of three things: love, listening, and generosity. "Because there's always a lot of food," he says.

The Sydney-based chef has been busy. He opened the doors to his flagship diner, Guillaume, just over a year ago, and he's produced a second cookbook, *Guillaume: Food for Family* – a natural progression from his début publication, *Food for Friends*.

"The first one was so popular," says Brahimi, "and we thought it was time to do a second one and raise, again, some more money for a charity."

Food for Family is as much a lifestyle book as it is a cookbook. It offers a look into the lives of eight prominent Australian families, including Brahimi's own, enjoying his cooking in knockout spaces – the Hemmes brood at their waterfront home in Vaucluse, for example, Cate Blanchett and the Upton clan in a woolshed in rural New South Wales, and Yellow Brick Road executive chairman, Mark Bouris, and his family at their heritage cottage in Watson's Bay.

"The families came up with a menu and I translated them into my recipes," says Brahimi. "Most of the recipes

they'd cook themselves and after they gave me their vision I would add my touch."

Toni Ryan's lemon soufflé, for instance, a favourite with her family (owners of Sydney hotels including The Woollahra), becomes Brahimi's frozen lemon nougat with walnut praline and raspberries. And *Harper's Bazaar* editor Kellie Hush's love for fish stew is translated into a snapper and mussel pie.

The charity in question is the National Breast Cancer Foundation (royalties from *Food for Friends* were donated to The Chris O'Brien Lifehouse, home to Sydney Cancer Centre), a significant cause for Brahimi. "We have some very close friends that have been touched by breast cancer," he says, "and some that aren't with us any more. I've got three daughters and a wife. I don't want my children and my children's children to ever have to deal with it."

Though Brahimi says he hasn't a lot of time to cook family meals at home, he assures us that when he does, he gives it his all. "Nothing gives me more joy," he says, "than seeing my family at the dining table enjoying a meal I cooked."

Guillaume Brahimi's Guillaume: Food for Family, published by Lantern, \$79.99, hbk



GILLON McLACHLAN, AFL CHIEF EXECUTIVE,
AND GUILLAUME BRAHIMI

Vegetable salad with beetroot purée and soubise

"At the restaurant, we source all our baby vegetables from local growers," says Guillaume Brahimi. "In this recipe, they are dressed simply to allow their full flavours to really shine. I love the presentation of this dish: it looks like a beautiful garden. The artfully placed dots of soubise and beetroot purée work to complement the vegetables' vibrant colours."

Serves 4 (pictured p117)

- 4 baby beetroot, trimmed
 - 4 baby golden beetroot, trimmed
 - 4 baby carrots, peeled and trimmed
 - 4 baby purple carrots, peeled and trimmed
 - 2 bulbs baby fennel, trimmed and quartered
 - 1 baby leek, trimmed and cut into 4 pieces
 - ½ cup (80 ml) olive oil
 - 20 gm baby peas
 - ¼ bunch baby kale, stalks discarded
 - 100 gm snow peas (mange-tout), trimmed
 - 6 very thin slices French breakfast radish (about 1 radish)
 - 8 very thin slices baby white radish (about 2 radishes)
 - Baby herbs, to garnish (optional)
- Soubise**
- 30 gm butter, diced
 - 1 onion, thinly sliced using a mandolin
 - 1 tbsp pouring cream
- Beetroot purée**
- 1 beetroot (about 200gm), scrubbed
 - 1 tbsp Sherry vinegar
- Shallot vinaigrette**
- 3 large golden shallots, finely sliced
 - 2 tbsp red-wine vinegar
 - 80 ml (½ cup) extra-virgin olive oil

- 1 For the soubise, heat the butter in a small saucepan and when foaming add the onion. Sauté with a little salt and cook over low heat, stirring regularly, for 15 minutes or until the onion is soft but has not coloured. Add the cream and reduce for 5 minutes over low heat. Transfer the mixture to a blender and blend until smooth. Set aside.
- 2 Preheat the oven to 190C. For the beetroot purée, wrap the beetroot in foil and bake for 1 hour or until soft in the centre when tested with a knife. Peel and chop the beetroot, then place in a blender with the vinegar and blend until smooth. Place in a squeeze bottle or piping bag.
- 3 Wrap the baby beetroot individually in foil and bake for 35 minutes or until soft in the centre when tested with a knife. Peel the beetroot and slice in half. Place in the fridge.
- 4 Place the carrots, purple carrots, fennel and leek in separate saucepans and add enough water to just cover. Add 1 tbsp of olive oil, and sea salt and cracked white pepper to each pan and bring to the boil over medium heat. Reduce the heat to low and cook for 10-12 minutes or until the vegetables are soft. Remove from the heat and cool slightly, then place in the fridge to chill.
- 5 Bring a large saucepan of water to the boil, add a pinch of salt and cook the peas, kale and snow peas separately for about 2 minutes each then refresh in iced water. Place in the fridge to chill.

6 For the vinaigrette, blitz the shallot and vinegar in a blender until combined but the shallots shouldn't be too finely chopped. Continue to blend while slowly adding the oil. Season with sea salt and freshly ground white pepper to taste. Makes 150ml (this makes more than you need here).

7 Place the chilled orange carrot, golden beetroot, fennel, peas, kale and snow peas in a bowl, season with salt and pepper and dress with ¼ cup (60 ml) of shallot vinaigrette. Season and dress the red beetroot and purple carrots separately to prevent their colour running into the other vegetables with 1 tbsp of shallot vinaigrette. Arrange all the vegetables neatly on plates and place the radish over the top. Dress the baby herbs (if using) with vinaigrette to taste and place on top. Using a squeeze bottle or a spoon, place dots of soubise around the plate. Finish with dots of beetroot purée.

Braised lamb shoulder parmentier

"This is my French version of shepherd's pie, in which I braise the lamb shoulder and then pull the meat apart," says Brahimi. "I actually prepared this just for the kids as an alternative to the snapper pie, but all the guests, young and old, ended up digging in!"

Serves 12

- 80 ml (½ cup) olive oil
- 2 kg lamb shoulder, bone in
- 2 onions, chopped
- 4 carrots, peeled, 2 chopped, 2 finely diced

5 celery stalks, 2 chopped, 3 finely diced

- 1 head of garlic, cut in half
 - 2 litres chicken stock
 - 1 bunch thyme, sprigs separated
 - 4 fresh bay leaves
 - 5 golden shallots, finely chopped
 - 100 gm parmesan, grated
- Potato purée**
- 1.4 kg Desiree potatoes, scrubbed
 - 120 ml milk
 - 100 gm butter, diced

1 Preheat the oven to 150C. Place a large saucepan over high heat and when hot add 2 tbsp of olive oil. Season the lamb and place it in the pan. Sear on each side for 4 minutes or until brown, then transfer to a casserole dish. Add another tbsp of olive oil to the pan. Add the onion and the chopped carrots, celery and garlic and sauté for 4 minutes or until brown and translucent. Add the chicken stock and bring to the boil.

2 Pour the stock and vegetables over the lamb in the casserole dish and add the thyme and bay leaves. Cover with a lid, then place in the oven and cook for at least 3 hours or until the lamb is falling off the bone. Once cooked, break off the meat and place it in a large bowl or saucepan. Strain the cooking liquid into a saucepan (discarding the herbs and vegetable) and reduce over high heat for 40-50 minutes, skimming off fat occasionally, until it reaches a sauce consistency.>



- 3** Place a frying pan over medium heat and add the remaining olive oil. Add the shallot, diced carrot and celery and sauté for 4 minutes until soft. Add the sauce and bring to the boil. Pour the mixture over the lamb and use a large spoon or your hands to combine.
- 4** For the potato purée, place the potatoes in a large saucepan and cover with cold water. Add a pinch of salt and bring to the boil, then reduce the heat and simmer for 25–30 minutes. (Test the potatoes by piercing them with a sharp knife. If they are ready, the blade will come out clean.) Drain well. Peel the potatoes while they are still hot, using a tea towel to protect your hands. Pass the peeled potatoes through a moulis and then a sieve. Place in a saucepan and use a wooden spoon to stir the mash until all the moisture is removed (you want the potato to be dry to the touch). Bring the milk to the boil, then reduce the heat to a simmer. Place the mashed potato over low heat and add a quarter of the butter, stirring until combined. Add a quarter of the milk and stir until combined. Repeat until three-quarters of the butter and milk have been added and the mash is creamy and light, then pass it through a sieve.
- 5** When you're ready to cook the lamb, place the mash in a saucepan and warm it over low heat. When warm, add the remaining milk and butter and beat to combine. Season with salt to taste.
- 6** Preheat the oven to 180C. Transfer the lamb mixture to a pie dish and spoon the potato purée over the top. Sprinkle with the parmesan. Bake the lamb parmentier for 1 hour or until the lamb is hot in the centre and the purée is golden brown on top. Serve.

Snapper and mussel pie with baby vegetables, chervil and tarragon

"This soulful dish is a great winter warmer," says Brahimi. "It can be easily prepared the day before and then baked just before serving. Grab a glass of Burgundy and enjoy."

Serves 8 (pictured p116)

- 80 ml (1/3 cup) olive oil
- 4 cloves garlic, sliced
- 8 golden shallots, sliced
- 2 fresh bay leaves
- 3 cups (750 ml) white wine
- 2 kg mussels, scrubbed and debearded
- ½ bunch thyme, in sprigs
- 600 ml pouring cream
- 100 ml Noilly Prat dry vermouth
- 300 gm crème fraîche
- 300 gm baby potatoes, scrubbed
- 2 bunches baby leeks, trimmed
- 5 baby fennel bulbs, trimmed and each cut into 6 wedges
- 200 gm fresh or frozen peas (about 470gm unpodded)
- 1 bunch chervil, leaves picked
- 1 bunch tarragon, leaves chopped
- 8 thick snapper fillets (140gm each), skin and bones removed
- 500 gm puff pastry
- 1 egg, lightly beaten

1 Heat 2 tbsp of olive oil in a saucepan with a lid over high heat. Add the garlic and a quarter of the sliced shallots and sweat for 2–3 minutes or until translucent. Add the bay leaves and pour in the wine. Cover with the lid and bring to the boil, then add the mussels. Just as the mussels start to open, remove the pan from the heat. Strain through a fine sieve, reserving the liquid and leaving any gritty bits behind. Set the mussel mixture aside.

2 Wipe out the pan and place it back over high heat. Add the remaining olive oil and shallots and sweat for 2 minutes until soft. Add the reserved mussel liquid and the thyme and cook over medium-high heat for 30 minutes or until reduced by half. Add the cream and cook over medium heat for 30 minutes until reduced by half or to about 600ml.

3 Meanwhile, heat the Noilly Prat in a frying pan over high heat and cook for 10 minutes or until reduced by two-thirds.

4 Remove the saucepan from the heat and strain the sauce through a fine sieve, pressing to extract as much flavour as possible from the shallots and thyme. Discard the solids, then stir in the reduced Noilly Prat and the crème fraîche. Refrigerate the sauce until cold.

5 Place the potatoes in a saucepan and cover with cold water. Add salt and bring to the boil. Once the water boils, drain the potatoes, then halve and leave to cool. Bring a saucepan of water to the boil over high heat and add salt. Blanch the leeks for 30 seconds, then refresh in iced water and drain. Blanch the fennel for 30 seconds, then refresh in iced water and drain. Blanch the peas for 10 seconds, then refresh and drain.

6 Remove the mussel meat from the shells and place it in a large bowl with the potato, leeks, fennel, peas, chervil and tarragon. Pour half the sauce over and mix well. Place three-quarters of the mixture in a large baking dish about 33cm x 22cm (or two smaller dishes about 22cm round) and lay the snapper fillets on top in a single layer. Add the remaining mixture and pour over the remaining sauce. Roll out the puff pastry on a lightly floured surface until large enough to cover the dish with the sides overlapping. Place the pastry over the fish and press down the sides to seal well. Brush the puff pastry all over with beaten egg. Place the pie in the fridge to rest for 30 minutes.

7 Preheat the oven to 180C. Bake the pie for 45 minutes or until hot in the centre. Serve.

Crisp potato cakes with speck, garlic and thyme

"One of my favourite recipes to cook at home," says Brahimi. "Maybe not one for the weight-watchers, but the flavour is amazing – your family will wolf these down."

Makes 12

- 4 large Desiree potatoes
- 1 clove garlic, finely chopped
- ½ bunch thyme, leaves picked
- 12 thin slices speck
- 60 ml (1/4 cup) olive oil

1 Place the potatoes in a saucepan, cover with water and add a pinch of salt. Bring to the boil, then reduce to a simmer and cook for about 20 minutes to par-cook them. Drain, then peel the potatoes and grate them into a bowl. Add the garlic and thyme, and season with sea salt and cracked white pepper.

2 Shape the potato mix into 12 cakes about 5cm round and 1.5cm high. Wrap a slice of speck around each potato cake and allow to set in fridge for 1 hour.

3 Heat the olive oil in a frying pan over medium-high heat. When hot, add the potato cakes (in batches if necessary) and fry on each side for 3 minutes until coloured. Serve.

Chocolate and dulce de leche tart with hazelnut ice-cream

"As far as I'm concerned, chocolate and caramel is a match made in heaven," says Brahimi. "Dulce de leche is a sweetened milk cooked to the consistency of caramel. It takes this chocolate tart to another level. You have been warned!"

Serves 12

300 gm dulce de leche (see note)

Praline

75 gm (1/3 cup) caster sugar

75 gm hazelnuts

Hazelnut ice-cream

300 gm caster sugar

12 egg yolks

500 ml (2 cups) pure cream

500 ml (2 cups) milk

3 vanilla beans, split

150 gm praline, chopped

Sweet pastry

150 gm unsalted butter, at room temperature

85 gm caster sugar

1 vanilla bean, split and seeds scraped

35 gm almond meal

250 gm (1½ cups) plain flour

1 egg, lightly beaten

Chocolate ganache

200 gm dark chocolate (70% cocoa), chopped

250 ml (1 cup) pure cream

25 ml liquid glucose

50 gm cold unsalted butter, chopped

1 To make the praline for the hazelnut ice-cream, line a small baking tray with baking paper and set aside. Place the sugar in a saucepan over low-medium heat and cook, tilting the pan occasionally to make sure the syrup browns evenly, until a dark caramel forms. Add the hazelnuts and stir to coat. Immediately pour mixture onto the lined baking tray and leave to cool. Coarsely chop the praline with a serrated knife. Store in an airtight container.

2 To make the hazelnut ice-cream, place 200gm of sugar and the egg yolks in the bowl of an electric mixer fitted with a whisk attachment and whisk until thick and pale. Meanwhile, place the cream, milk, vanilla beans and the remaining sugar in a saucepan. Bring to the boil, then reduce to a simmer. Slowly add the egg yolk mixture to the saucepan and heat for 2 minutes or until you



Crisp potato cakes with speck, garlic and thyme



Chocolate and dulce de leche tart with hazelnut ice-cream





see the first bubble, then remove from the heat and quickly strain through a sieve. Place in the fridge to chill immediately. Once cool, churn in an ice-cream machine according to the manufacturer's instructions. Sprinkle the chopped praline over at the end of churning and freeze.

3 For the sweet pastry, place the butter, sugar and vanilla seeds in the bowl of an electric mixer fitted with a paddle attachment. Mix for about 2 minutes on medium speed until pale, then add the almond meal and a pinch of salt. Gradually add the flour and egg. Be careful not to overmix the dough. Wrap the dough in plastic wrap and place in the fridge to rest for at least 1 hour.

4 Roll out the pastry between 2 sheets of baking paper to 3mm-4mm thick. Line a 30cm tart tin with a removable base with the pastry and place in the fridge for 1 hour.

5 Preheat the oven to 170C. Remove the tin from the fridge and cut off the pastry overhang. Line the pastry with baking paper and fill with baking beads or rice. Blind-bake for 15 minutes or until starting to turn golden brown, then remove the paper and beads or rice and bake for a further 5 minutes or until evenly coloured. Remove from the oven and allow to cool. When the pastry is cool, spoon the dulce de leche on top and spread evenly. Allow to set in the fridge for 20 minutes.

6 Meanwhile, to make the chocolate ganache, place the chocolate in a large heatproof bowl. Bring the cream and glucose to the boil, then pour it over the chocolate and mix well until smooth. Add the cold butter and mix to incorporate. Stand until cooled to room temperature but not set.

7 Pour the ganache over the dulce de leche and leave the tart to set at room temperature for at least 1½ hours. Serve with hazelnut ice-cream. This is best eaten on the day of making.

Note Dulce de leche is available in jars and cans from select delicatessens.

Frozen lemon nougat with walnut praline and raspberries

"This recipe is inspired by Toni Ryan's exceptional cold lemon soufflé," says Brahimi. "You'll need to start this the day before to allow the nougat to set. Garnish it with the candied lemon slices just before serving – they will drop over time."

Serves 12

5 punnets (125gm each) raspberries

Lemon purée

Thinly peeled rind of 7 lemons, pith removed

125 gm caster sugar

Juice of 2 lemons

Frozen lemon nougat

2 cups (500ml) thickened cream

2 gold-strength gelatine leaves

4 eggwhites

150 gm caster sugar

50 ml liquid glucose

"Nothing gives me *more joy* than seeing my family at the dining table enjoying a meal I cooked."

Walnut praline

150 gm caster sugar

1½ cups (150gm) walnuts

Lemon garnish

500 gm caster sugar

3 lemons, sliced into very thin rounds

1 First, make the lemon purée. Place the lemon rind in a saucepan and cover with cold water. Bring to the boil over medium heat, then strain. Repeat twice more to remove any bitterness. Combine the lemon rind, sugar and 1 cup (250ml) of water in a saucepan. Bring to the boil over medium heat, then reduce to a simmer and cook for 20 minutes. Remove from the heat and strain, reserving the rind and the liquid. Place the rind in a food processor with ½ cup (80 ml) of the reserved liquid and add ½ cup (80 ml) of water and the lemon juice. Blend to a smooth purée.

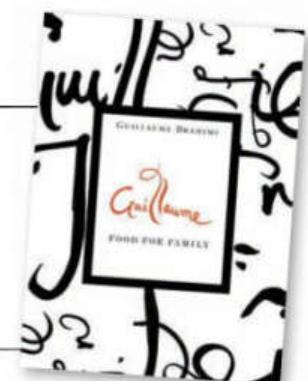
2 For the frozen lemon nougat, whip the cream until soft peaks form. Soak the gelatine in iced water. Place the eggwhites in the bowl of an electric mixer. Place the sugar, glucose and 50ml of water in a saucepan and bring to the boil over high heat. When the syrup reaches 118C on a sugar thermometer, start whisking the eggwhites. When the sugar reaches 121C, pour the syrup on the eggwhites. Add the squeezed gelatine and whisk the mixture for about 8 minutes until cool. Fold in 100gm of the lemon purée and then the cream. Transfer the mixture to a 20cm cake tin. Place in the freezer to set overnight.

3 The next day, make the walnut praline. Line a baking tray with baking paper. Place the sugar and 50ml of water in a saucepan over high heat. Cook for 10 minutes, stirring until the sugar dissolves and cook until a caramel forms. Stir in the walnuts and sprinkle with sea salt to taste. Remove from the heat and pour over the prepared tray. Leave to cool for at least 1 hour. Once cold, chop the praline into 5mm pieces.

4 To make the lemon garnish, place the sugar and 2 cups (500ml) of water in a saucepan and bring to the boil. Add the lemon slices, then reduce the heat to low and simmer for 20-30 minutes or until the lemons are nicely glazed. Remove from the syrup and place in the fridge to chill.

5 Arrange the walnut praline on a serving platter and place the frozen lemon nougat on top. Decorate the top with raspberries and the sides with glazed lemon slices. ●

+ Guillaume: Food for Family (\$79.99, hbk) by Guillaume Brahimi is published by Lantern. The recipes and text have been reproduced with minor GT style changes.





Frozen lemon nougat with walnut praline and raspberries

miracle cures

More than a means of preserving, the art of charcuterie bestows new dimensions of savour and texture on meats, whether in the form of silky-smooth pâté or the makings of a show-stopping cassoulet.

RECIPES & FOOD STYLING LISA FEATHERBY PHOTOGRAPHY CHRIS COURT
STYLING GERALDINE MUÑOZ DRINK SUGGESTIONS MAX ALLEN

TABLE SPREAD Copper saucepan from The Country Trader. Copper serving spoon from The Bay Tree. Studio Gala "Sun Dish" plate and bowl (top two in stack) from Ginkgo Leaf. Salt dish from Manyara Home. Wire basket from Shelf Life. Cotton stripe fabric sample from Walter-G. All other props stylist's own. Stockists p199.



Cassoulet
(RECIPE P131)

Smoked duck breast
with pickled grapes



DUCK Bowls (stacked)
from Simon Johnson.
Marble bowl and spoon
from The Minimalist.
RILLETTES Jar from
The Bay Tree. All
other props stylist's
own. Stockists p199.



Pork rillettes

Smoked duck breast with pickled grapes

Smoking imparts a delicious flavour that enhances any meat. Set your exhaust fan on high and open all the windows, or you can do the smoking on a barbecue outside. The duck here is quick-cured and hot-smoked, and best eaten within a week. Start this a day ahead to prepare the duck and pickled grapes

**Prep time 30 mins, cook 10 mins
(plus pickling, curing, chilling)**

Serves 4

- 4 duck breasts (about 180gm each)
- 60 gm (1/4 cup) fine sea salt
- 20 gm caster sugar
- 1 tsp chopped thyme
- 1 juniper berry, coarsely crushed
- Small handful of smoking woodchips, such as hickory
- Frisée leaves dressed with white wine vinaigrette, and toasted walnuts, to serve
- Pickled grapes**
- 150 ml white wine vinegar
- 50 ml red wine vinegar
- 150 gm caster sugar
- 2 juniper berries
- 500 gm red seedless grapes

1 Place duck in a non-reactive container (see cook's notes p200) with salt, sugar, thyme,

juniper berry and cracked black pepper to taste, turn to coat, then refrigerate to cure (at least 6 hours or overnight).

2 Meanwhile, for pickled grapes, bring vinegars, sugar and juniper berries to a simmer in a saucepan over high heat, stirring to dissolve sugar (5 minutes). Place grapes in a sterilised 600ml jar (see cook's notes p200), pour on hot pickling liquid, seal and cool to room temperature, then refrigerate for 4 hours or overnight. Pickled grapes will keep refrigerated for 2 weeks.

3 Rinse duck under cold running water, pat dry with paper towels, then place on a wire rack that will fit into a wok. Line the base of a wok with foil, then spread woodchips over foil to cover base and heat over high heat until smoking. Place rack of duck on top, cover wok tightly with a lid or foil, reduce heat to medium and cook for 3 minutes (you should start to hear duck fat dripping onto the foil; this may take longer if the rack is placed high). Remove wok from heat and set aside, still covered, to smoke with residual heat until duck is cooked to your liking (5 minutes for medium-rare). Remove foil, allow duck to cool, then wrap in plastic wrap and refrigerate to chill (around 4 hours).

4 To serve, slice chilled duck very thinly and arrange on a platter with frisée salad, toasted walnuts and pickled grapes.

Wine suggestion Juicy young pinot noir.

MORE ONLINE

You'll find more charcuterie recipes online – choucroute of pork with smoked sausage is just the start: gourmettraveller.com.au



Pork rillettes

The beauty of rillettes, as with most charcuterie, is that they can be made ahead and refrigerated until needed. Rillettes are made from cured and confit meat, usually pork, that's shredded and set in its own fat. Take the time to shred the meat finely, but don't overdo it – it's nice to have some texture. Take the rillettes out of the fridge at least 20 minutes before serving so they're easy to spread on toasted baguette. Apple slices and pickles make good accompaniments. Start this recipe two days ahead to cure and set the pork.

**Prep time 30 mins, cook 3½ hrs
(plus curing, chilling)**

Serves 4-6 as a starter

800 gm piece skinless, boneless pork belly

250 gm fine sea salt

3-4 fresh bay leaves

3 thyme sprigs

400 gm pork back-fat, diced (see note)

3 garlic cloves, bruised

Fresh or toasted baguette, to serve

1 Coat pork with salt in a non-reactive container (see cook's notes p200) that holds it snugly, add herbs, cover and refrigerate to cure (4-6 hours).

2 Heat back-fat in a saucepan over low-medium heat with 2 tbsp water and add more water as it evaporates until fat renders (about 1 hour). You should have about 250ml melted lard.

3 Preheat oven to 150C. Rinse pork under cold running water to remove excess brine and pat dry with paper towels. Reserve herbs and garlic. Cut pork into 6cm cubes and place in a roasting pan that fits it snugly, pour rendered fat over, scatter with reserved herbs and garlic, then roast, turning occasionally, until meat is very tender and pulls apart easily (3½-3¾ hours).

4 Remove pork from fat and set aside on a tray to cool briefly. Strain fat through a fine sieve and set aside. Shred pork using two forks, pulling meat apart along the grain, then divide among 4-6 individual ¾-cup jars or ramekins, pressing on pork to pack lightly. Pour fat over each jar to cover pork, then cover with plastic wrap and refrigerate to set (about 4 hours). Serve with fresh or toasted sliced baguette. Rillettes will keep sealed for up to a month.

Note Pork back-fat will need to be ordered ahead from the butcher.

Wine suggestion Off-dry (demi-sec) chenin blanc.>

Lamb crépinettes with sautéed peas

Crépinettes are skinless sausages wrapped in lacy caul fat, or crépine, which holds everything in place, then renders as it cooks, providing extra flavour and juiciness. Here we've opted for a lamb mixture.

Prep time 30 mins, cook 25 mins

Serves 4

- 2 tbsp duck fat or lard
 - ½ onion, finely chopped
 - 400 gm lamb fillet, finely diced
 - 150 gm coarsely minced pork
 - 30 gm soft white breadcrumbs
 - 2 tbsp coarsely chopped flat-leaf parsley
 - 1 garlic clove, crushed
 - 1 tsp finely chopped rosemary
 - ¼ tsp quatre-épices (see note)
 - 20 gm butter, coarsely chopped
 - 150 gm caul fat, soaked in cold water with
½ tsp salt for 1 hour (see note)
 - Wholegrain mustard (optional), to serve
- Sautéed peas**
- 20 gm butter, coarsely chopped
 - 2 golden shallots, thinly sliced
 - 40 gm bacon lardons

- 1 garlic clove, crushed
- 400 gm frozen peas, defrosted
- 100 ml chicken stock
- 1 tbsp mint jelly
- 3 cups (loosely packed) pea tendrils

- 1 Heat half the duck fat or lard in a frying pan over medium-high heat, add onion and sauté until starting to turn golden (5-7 minutes). Spread over a plate to cool, then transfer to a bowl. Add lamb, pork, breadcrumbs, parsley, garlic, rosemary and quatre-épices, mix and season well, then divide into 8 meatballs. Gently remove caul fat from water and, working quickly so it doesn't dry out, lay it flat on a work surface and cut out 8 rough 15cm squares, place a meatball in the centre of each and wrap to enclose, overlapping at the joins. Cover with plastic wrap and refrigerate.
- 2 Preheat oven to 170C. Heat remaining duck fat or lard in a large ovenproof frying pan over medium-high heat, add crépinettes and fry, carefully turning occasionally, until golden brown (3-5 minutes). Transfer to oven and roast until cooked through (5-7 minutes). Keep warm.

3 For sautéed peas, heat butter in a frying pan over high heat, add shallot and sauté until tender (3-6 minutes), then add garlic and bacon, and cook until fragrant (10 seconds). Add peas, stock and mint jelly, bring to the boil, then boil until stock is almost reduced and peas are tender and glazed (2-4 minutes). Stir in pea tendrils. Serve crépinettes on sautéed peas with mustard.

Note Quatre-épices, a spice blend used often in charcuterie, is available from herbies.com.au. Order caul fat ahead from a butcher.

Wine suggestion Savoury young merlot.

Pork and veal terrine

For this rustic terrine, we've used veal and pork, but other combinations such as rabbit and pork work really well. Mince the meat by hand, or ask the butcher to do it for you on the largest setting. Keep the fat and meat well chilled while you work to nail that nice dappled appearance in the finished terrine.

**Prep time 30 mins, cook 2 hrs 10 mins
(plus macerating, chilling)**

Serve 8-10 as a starter

- 300 gm each veal shoulder and pork shoulder, coarsely minced
 - 100 gm pork belly, cut into 1cm cubes
 - 100 gm pork back-fat, coarsely minced
(see note in pork rillettes recipe p127)
 - 60 ml brandy
 - 35 gm pistachios
 - 1 tbsp coarsely chopped flat-leaf parsley
 - 1 tsp thyme
 - 1 garlic clove, crushed
 - ½ onion, finely chopped
 - 1 tbsp duck fat
 - 1 egg, lightly beaten
 - 8 thin rashers streaky bacon
- Baguette and cornichons, to serve

1 Combine veal and pork shoulders, pork belly and back-fat in a chilled bowl with brandy, pistachios, herbs, garlic and ½ tsp salt, mix well, cover and refrigerate to marinate for 1 hour.

2 Meanwhile, sauté onion in duck fat in a frying pan over medium heat until translucent (8-10 minutes), then spread on a plate to cool completely (30 minutes). Add onion to meat with egg, season to taste, mix well and refrigerate.

3 Preheat oven to 150C and line the base of a roasting pan with a tea towel. Line the base and sides of a 8cm x 9cm x 23cm (1.2-litre) terrine mould lengthways with half the bacon. Spoon in the meat mixture, pressing evenly all over, top with remaining bacon, cover directly with baking paper, then cover with a lid or 2 layers of foil. Place mould in roasting pan, fill with hot water to halfway up the sides of mould and bake until internal temperature reaches 68C on a meat thermometer or a skewer inserted for 20 seconds feels hot when touched to your lip (1½-2 hours). Cool completely in the water bath (2 hours), then weight with food cans and refrigerate until chilled (at least 4 hours or overnight; if you used a lid you'll need to remove it first). Serve sliced from the mould with baguette and cornichons.

Wine suggestion Rich white pinot gris.>



Pork and veal
terrine



**TERRINE &
CRÉPINETTES** All
props stylist's own.



Home-cured pork
with lentil salad

LENTILS Plate from
Manyara Home. All
other props stylist's
own. Stockists p199.

Lentils are *a classic accompaniment* to cured meats, here steeped in a tangy vinaigrette that cuts through the richness of the meat.

Home-cured pork with lentil salad

At its simplest, curing meat requires nothing more than salt, but the addition of sweeteners, such as sugar or maple syrup, as well as spices and herbs and even wine adds extra layers of flavour. When curing, it's important to work cleanly and to use the best and freshest meat. Here, we've opted for free-range pork belly with a good amount of fat, but if you prefer more meat than fat, try a thin piece of rump. When curing over a long time, food safety as well as the appearance of the meat are important considerations, so pink curing salt containing sodium nitrate is often used. This eliminates botulism and preserves the pink colour of the meat; we've added a small amount to the salt cure here for this reason. Lentils are a classic accompaniment to cured meats, here steeped in a tangy vinaigrette that cuts through the meat's richness. Start this recipe at least five weeks ahead and up to three months. The curing process will be faster if done in a cool draughty place.

Prep time 25 mins, cook 25 mins

(plus curing, drying)

Serves 6 as an appetiser

85 gm fine sea salt
40 gm caster sugar
1 tsp pink curing salt #2 (see note)
½ tsp crushed fennel seeds
650 gm skinless, boneless female pork belly
Lentil salad
150 gm Puy or small green lentils
100 ml cabernet sauvignon vinegar
80 ml (½ cup) extra-virgin olive oil, plus extra, to serve
4 golden shallots, finely diced
1 garlic clove, crushed
½ fennel bulb, diced, fronds reserved and coarsely chopped to serve

1 Combine salt, sugar and pink curing salt, fennel seeds and freshly ground black pepper to taste in a bowl. Place pork belly in a large snap-lock bag that holds it snugly, add cure mixture, shake to coat pork, seal and refrigerate for 5 days. Remove pork from bag, pat dry with paper towels, wrap in new muslin cloth and hang the fridge or a cool draughty place until dried to your liking (8-10 weeks refrigerated or 4-6 weeks in a cool, draughty place).

2 For lentil salad, boil lentils in a large saucepan until tender (20-25 minutes), then drain. Combine vinegar, oil, shallot and garlic in a bowl. While still warm, add lentils to dressing, season well to taste, toss to combine and set aside to cool completely, then refrigerate until required. Before serving, bring lentil salad to room temperature and drizzle with extra olive oil. Lentil salad can be made up to 2 days ahead.

3 Thinly slice meat on a meat slicer, or freeze briefly to firm up, then slice on a mandolin or as

thinly as you can with a very sharp knife. Serve on lentil salad and scatter with fennel fronds.

Note Pink curing salt #2, also known as Prague powder #2, contains salt, sodium nitrite, sodium nitrate and pink colouring, and is formulated for longer cures; look for organic curing salt with natural food colouring, available from specialty food stockists such as The Melbourne Food Ingredient Depot (melbournefooddepot.com).

Drink suggestion Rustic farmhouse cider.

Cassoulet

This is our not entirely traditional take on the famed dish originally from the Languedoc region, which includes charcuterie in the form of duck confit, sausages and pork belly. There's a bit of work involved, but you can prepare the confit duck and sausages ahead before they're braised in this spectacular feast. Serve it with a green salad dressed with Sherry vinaigrette, and start at least two days ahead to cure the duck and make the sausages.

Prep time 35 mins, cook 5½ hrs

(plus curing, drying, soaking)

Serves 4-6 (pictured p125)

250 gm dried cannellini beans, soaked overnight in plenty of water
80 gm belly bacon, cut into lardons
1 small onion, finely chopped
1 tbsp olive oil
2 garlic cloves, crushed
400 gm canned tomato polpa or chopped canned tomatoes
350 ml chicken stock
1 rosemary sprig
Chopped flat-leaf parsley and crusty bread, to serve

Toulouse sausages

500 gm well-chilled pork shoulder, trimmed of sinew and cut into 10cm pieces
100 gm well-chilled pork back-fat, cut into 10cm pieces (see note in pork rillettes recipe p127)
Large pinch of ground allspice
200 gm natural pork casing, soaked in warm water for 15 minutes, drained

Duck confit

4 duck Marylands
100 gm fine salt
2 garlic cloves, bruised
3 thyme sprigs
2 fresh bay leaves
4 cracked black peppercorns
760 gm duck fat, melted

Toasted crumbs

150 gm medium-coarse sourdough crumbs
1½ tbsp duck fat, or olive oil
¼ cup coarsely chopped flat-leaf parsley
1 garlic clove, crushed

1 For Toulouse sausages, place pork and back-fat in a bowl with 1 tsp sea salt flakes and ¼ tsp coarsely ground black pepper, toss to coat, cover and refrigerate overnight. Drain off liquid, pat meat and fat dry with paper towels, then cut into 1cm dice or pass through the coarse attachment of a mincer. Combine in a bowl with allspice and refrigerate until chilled (20-30 minutes). Transfer to a piping bag fitted with a 2cm nozzle. Carefully slide pork casing over nozzle, leaving enough casing to tie a knot at the end, then gently squeeze piping bag so sausage mixture begins to fill casing. Continue until casing is filled, leaving a small length at the end to tie off (you may need to do this in a couple of batches). Pinch casing at 10cm-12cm intervals. Carefully twist casing to form firm sausages, alternating twisting direction each time. Tie off end and hang in refrigerator over a tray to dry slightly and allow flavours to develop (at least 6 hours or overnight). Raw sausages will keep refrigerated for 3 days.

2 For duck confit, place duck in a non-reactive container (see cook's notes p200), add salt, garlic, herbs and peppercorns, turn to coat, cover and refrigerate overnight to cure. Preheat oven to 120C. Rinse duck, reserving garlic and herbs, pat dry with paper towels and place in a baking dish that holds it snugly. Pour duck fat over duck, add reserved herbs and cook in oven until meat is falling from the bone (2½-3 hours). Allow to cool completely in fat, then refrigerate until required. Duck confit will keep completely submerged in fat for a month.

3 Drain cannellini beans, cover with plenty of water in a large saucepan, bring to a simmer and cook until tender (40-50 minutes). Drain.

4 Preheat oven to 170C. Fry bacon and onion in olive oil in a wide casserole over medium-high heat until just golden brown, adding garlic in the last minute of cooking (10-12 minutes). Remove from pan and reserve. Fry sausages in casserole, turning occasionally, until browned all over (4-6 minutes). Remove and cut into large pieces. Add tomato and stock to casserole, bring to a simmer, then return onion mixture to casserole along with sausages, confit duck, beans and rosemary, and bring to a simmer. Transfer casserole uncovered to oven and cook until beans absorb the sauce and are very tender, and a crust forms on top (1-1½ hours).

5 Meanwhile, for toasted crumbs, fry breadcrumbs in fat or oil in a frying pan over medium heat until golden and crisp (10-15 minutes). Add parsley and garlic, stir-fry until fragrant (1-1½ minutes), then scatter evenly over cassoulet along with flat-leaf parsley and serve with crusty bread and a simple green salad.

Wine suggestion Full-bodied red grenache blend.

Duck liver pâté

Everyone should try making pâté at least once – it's easy and, compared with its price in shops, it's relatively cheap to make. There are many variations of pâté, from the simplest blend of fried liver, butter and cream. To achieve a smooth finish, pass the wet mixture through a very fine sieve, pushing it through with the back of a ladle. For the best result, bake the pâté in a water bath, which makes for gentle and even cooking. Start this recipe two days ahead to soak the livers and set the pâté.

**Prep time 20 mins, cook 1½ hrs
(plus soaking, setting, cooling)**

Serves 6-8

600 gm duck livers (about 4), trimmed

200 ml milk

2 golden shallots, finely chopped

200 ml tawny Port

1 tbsp brandy

260 gm butter, diced, removed from fridge
30 minutes before making pâté

2 eggs, at room temperature

Crackers or toasts, to serve

Port jelly

500 ml tawny Port

3 titanium-strength gelatine leaves, soaked
in cold water for 5 minutes

1 Combine duck livers and milk in a non-reactive bowl (see cook's notes p200) and refrigerate overnight to remove blood. Strain (discard liquid), then rinse livers and pat dry with paper towels.

2 Preheat oven to 150C. Combine shallot, Port and brandy in a saucepan over medium heat and simmer until reduced to about 60ml (5-10 minutes).

3 Meanwhile, heat 60gm butter in a frying pan over medium-high heat, add livers and fry, turning occasionally, until just cooked on the outside but still rare in the middle (2-2½ minutes). Transfer to a blender with remaining butter, Port reduction and shallot, blend until smooth and season well to taste. Add eggs and blend until smooth, then strain through a fine sieve into a jug.

4 Pour liver mixture into a 7cm x 10cm x 23cm loaf tin or pâté dish, then cover with a piece of baking paper and 2 pieces of foil or a lid. Place in a deep roasting pan lined with a tea towel, pour in enough hot water to reach halfway up the sides of tin and bake until set at the edges, but a little wobbly in the middle (1-1½ hours). Remove pâté dish from water bath and set aside to cool, then chill completely in the fridge (at least 6 hours or overnight).

5 Meanwhile, for Port jelly, bring Port to the simmer in a small saucepan, squeeze excess water from gelatine, add to Port and stir to dissolve. Set aside to cool (around 1 hour), then carefully spoon on top of chilled pâté, season with cracked pepper and refrigerate again until set (around 2 hours). Serve pâté with crackers or toasts.

Wine suggestion Young sweet Sauternes. ●



PÂTÉ Platter from Slab + Slub. Striped linen tea towel from Shelf Life.
TEXT PAGE Terrine jar (salt) from The Bay Tree. All other props stylist's own. Stockists p199.



Duck liver pâté

where's the **boeuf**?

Beef up your meat repertoire with all-time French favourites. You can never go past Bourguignon, pepper steak and the saucy likes of gribiche and béarnaise.

RECIPES RODNEY DUNN PHOTOGRAPHY WILLIAM MEPPEM
STYLING EMMA KNOWLES MERCHANDISING JERRIE-JOY REDMAN-LLOYD
DRINK SUGGESTIONS MAX ALLEN



Beef tongue sandwich
(RECIPE P139)

SOUP & SANDWICH
All props stylist's own.



Oxtail and dumpling
soup (RECIPE P139)



The GT team travelled to Tasmania
to photograph this story with the kind
assistance of Tourism Tasmania.



Beef tartare

MORE ONLINE

We love beef, and we love our French issue, so we've continued to celebrate both online; check out our special selection: gourmettraveller.com.au



1 Combine ingredients except ciabatta, olive oil and parsley in a large bowl, mix well, season to taste with sea salt and freshly ground black pepper and set aside to come to room temperature (around 1 hour).

2 Meanwhile, preheat oven to 180C. Brush both sides of ciabatta slices with olive oil, then bake on an oven tray, turning once, until golden brown (7-8 minutes). Cool briefly.

3 Pile tartare onto toasts, scatter with parsley and serve with Dijon mustard.

Wine suggestion Pale, dry Provençal-style rosé.

Beef cheek Bourguignon

This is a take on the classic dish of beef braised in Burgundy with mushrooms and bacon lardons. The gelatinous quality of beef cheeks gives a new dimension to the dish, but by all means use a more traditional braising cut such as chuck steak if you prefer. Serve it with potatoes or the traditional buttered noodles.

Prep time 15 mins, cook 3½ hrs

Serves 4

- 50 ml vegetable oil
- 4 beef cheeks (about 300gm each)
- 150 gm (1 cup) plain flour
- 4 garlic cloves, thinly sliced
- 350 gm golden shallots, peeled
- 300 ml pinot noir
- 1 litre (4 cups) beef stock
- 260 gm bacon, cut into 2cm pieces
- 3 thyme sprigs
- 2 fresh bay leaves
- 350 gm button mushrooms, halved
- ½ cup (firmly packed) flat-leaf parsley, coarsely chopped, plus extra to serve

Beef tartare

Tartare condiments such as cornichons are often served on the side, but mixing them in gives the flavours a chance to get to know each other while the dish is coming to room temperature before serving.

Prep time 20 mins, cook 8 mins

Serves 6

- 1 kg beef eye fillet, cut into 5mm dice
- 80 gm golden shallots, peeled and very finely chopped
- 50 gm small salted capers, rinsed and drained
- 35 gm cornichons, finely chopped
- 2 tbsp Dijon mustard, plus extra to serve
- 1 tbsp tomato sauce
- 2 tsp brandy
- 1 tsp Worcestershire sauce
- 8 anchovy fillets, finely chopped
- 2 egg yolks
- Tabasco, to taste
- 6 ciabatta slices (about ½cm thick)
- Olive oil, for brushing
- Coarsely chopped parsley, to serve

1 Preheat oven to 150C. Heat oil in a large frying pan over high heat. Season beef cheeks, dust with flour and brown all over (7-8 minutes). Add garlic and shallots, and sauté until shallots just start to colour (3-4 minutes), then deglaze pan with wine. Transfer to a flameproof casserole dish, add stock, bacon and herbs, cover with a lid and braise in oven until beef is very tender (3-3 ½ hours).

2 Place casserole over medium heat, add mushrooms and simmer uncovered, stirring occasionally, until mushrooms are tender (8-10 minutes). Stir in parsley, scatter extra on top and serve.

Wine suggestion Big, meaty mourvèdre.>

HOT TIP

For the best texture, have the meat for the tartare well chilled and use a very sharp knife so the meat is cleanly cut rather than minced. To enjoy the full flavour, allow the beef tartare to come up to room temperature before serving it.

**BOURGUIGNON &
TARTARE** Side plates
from Mud Australia.
All other props stylist's
own. Stockists p199.

The gelatinous quality of beef cheeks gives
a new dimension to the classic Bourguignon.

Beef cheek Bourguignon





Onglet pepper steak

ONGLET & TEXT
PAGE All props
stylist's own.

Onglet pepper steak

This pepper steak is given a distinctly Australian twist with a dash of Tasmanian native pepper along with black pepper. The native pepper has a slightly resinous note, similar to juniper berries.

Prep time 25 mins, cook 1 hr 50 mins (plus resting)

Serves 4

- 2 tbsp black peppercorns
- 1 tbsp Tasmanian native peppercorns (see note)
- 2 hanger steaks (about 430gm each)
- 80 gm butter, coarsely chopped
- 50 ml red wine
- 30 ml brandy
- 200 ml beef stock or demi-glace
- Dauphinoise potatoes**
 - 1 kg floury potatoes (such as King Edward or Kennebec), peeled
 - 2 onions, thinly sliced
 - 3 garlic cloves, finely chopped
 - 500 ml (2 cups) pouring cream

1 For dauphinoise potatoes, preheat oven to 160C. Slice potatoes 3mm thick on a mandolin or with a sharp knife, and combine in a large bowl with onion and garlic. Add cream, mix gently to coat and season generously, then transfer to a lightly buttered 3-litre baking dish, cover with foil and bake until potatoes are tender (1½-1½ hours).
2 Increase oven to 220C. Coarsely crush peppercorns with a mortar and pestle, spread over a tray, then press steaks into peppercorns on both sides to coat well. Heat butter in a large ovenproof frying pan over medium-high heat until foaming, add the steaks and brown well on both sides (2-3 minutes each side). Transfer pan to oven and roast until cooked to your liking (7-8 minutes for medium-rare), then set aside on a plate to rest, loosely covered with foil, while you make the sauce.

3 Deglaze the pan with wine and brandy over medium-high heat, add stock and simmer until reduced by three-quarters to a syrup consistency (2-3 minutes). Season to taste and serve drizzled over sliced steaks with Dauphinoise potatoes.

Note Tasmanian native peppercorns are available from select delicatessens and herbies.com.au. If they're unavailable, substitute a mixture of black peppercorns and juniper berries.

Wine suggestion Elegant perfumed pinot noir.

Beef tongue sandwich

The tongue would have to be one of the most underrated cuts of beef. Don't tell squeamish guests what you're serving; they'll never guess. The raspy exterior peels away easily once the tongue is cooked.

Prep time 30 mins, cook 2 hrs (plus cooling)

Serves 4 (pictured p134 and below)

- 1 (about 800gm) corned beef tongue
- 1 baguette
- Softened butter, for spreading
- 5 radishes, thinly sliced on a mandolin
- 1 celery heart, thinly shaved lengthways
- 3 medium-boiled eggs, sliced
- Sauce gribiche**
 - 3 hard-boiled eggs, yolks and whites separated
 - 1 egg yolk
 - 1 tbsp white wine vinegar
 - 2 tsp Dijon mustard
 - 400 ml vegetable oil
 - 7 finely chopped cornichons
 - 2 tbsp tiny salted capers, rinsed
 - 2 tbsp each finely chopped parsley, chervil and tarragon

1 Cover tongue in a saucepan with plenty of cold water, bring to the boil over medium-high heat, then reduce heat to medium and simmer for 2 hours or until tender. Drain then, when cool enough to handle, peel off skin and thinly slice tongue across the grain.
2 Meanwhile, for sauce gribiche, process boiled and raw egg yolks in a food processor with vinegar and mustard until combined then, with motor running, add oil in a thin steady stream until emulsified. Season to taste with sea salt and freshly ground white pepper. Finely chop cooked eggwhite and add to sauce with remaining ingredients, stir to combine and refrigerate until required.
3 Split baguette lengthways and spread generously with butter. Spread with sauce gribiche, then layer on tongue, radish, celery and sliced boiled egg, cut into portions and serve.

Wine suggestion Juicy young gamay.

Oxtail and dumpling soup

This simple soup uses the very tasty oxtail cooked on the bone, which produces a wonderfully rich beef broth along with tender morsels of beef to serve in the soup. The meat could be shredded then added to the soup, but eating the meat from the bone is much more fun. Just make sure there's plenty of hand towels.

Prep time 20 mins, cook 3½ hrs

Serves 6 (pictured p135)

- 2 tbsp olive oil
- 2 kg oxtail, cut into 3cm pieces
- 3 carrots, peeled and coarsely chopped
- 3 celery stalks, coarsely chopped
- 2 onions, coarsely chopped
- 3 garlic cloves, sliced
- 2 tbsp tomato paste
- 3 thyme sprigs
- 2 rosemary sprigs
- 2 fresh bay leaves
- Crusty bread, to serve
- Thyme dumplings**
 - 2 eggs
 - 225 gm (1½ cups) self-raising flour
 - 1 tbsp thyme leaves
 - Pinch of freshly ground nutmeg

1 Heat oil in a large saucepan over medium-high heat, add oxtail and cook, turning occasionally, until caramelised (8-10 minutes), then transfer to a plate. Add carrot, celery, onion and garlic to pan, and sauté until softened (8-10 minutes). Add tomato paste and cook, stirring occasionally, until paste darkens (4-5 minutes), then return oxtail to pan, add herbs and 2 litres water, and bring to a simmer. Simmer, partially covered and skimming the fat from the top occasionally, until meat is falling from the bone (2¾-3 hours). Season to taste.

2 For thyme dumplings, whisk eggs in a bowl, add flour, thyme, nutmeg and 1 tsp salt, and gently knead to combine. Roll mixture into 2cm balls, add to soup, cover and cook until dumplings double in size (12-15 minutes). Serve with crusty bread.

Wine suggestion Spicy, savoury grenache. >





Côte de boeuf

Steak frites is a *perennial favourite*, and never in better form than this côte de boeuf with béarnaise.

Carbonnade

Carbonnade is a Flemish dish eaten widely in northern France. Made with beer rather than wine, it has a sweet-sour flavour and is both hearty and simple to prepare. Beef ribs aren't traditional; you can substitute a nice piece of chuck, which is more typical. Don't skimp on the beer, however – it's well worth seeking out a traditional abbey ale for this.

Prep time 20 mins, cook 3½ hrs

Serves 6

- 1.5 kg beef short ribs
- 100 gm (3/5 cup) plain flour
- 50 gm unsalted butter, coarsely chopped
- 1.1 kg (about 6) onions, cut into thick wedges
- 8 garlic cloves, sliced
- 500 ml dark Belgian-style ale
- 250 ml (1 cup) beef stock
- 2 tbsp dark brown sugar
- 2 tbsp apple cider vinegar
- 2 thyme sprigs
- 3 parsley sprigs
- 2 tarragon sprigs

- 1 fresh bay leaf
- 350 gm mixed baby carrots, scrubbed, tops trimmed
- Finely chopped chives and chive flowers (if available), to serve

- 1 Season beef to taste and dust with flour. Heat butter in a casserole over medium-high heat until foaming, add beef ribs and brown all over (5-6 minutes), then transfer to a plate. Add onions and garlic to pan, reduce heat to low and sauté, stirring often, until onions are very soft (12-15 minutes).
 - 2 Add half the beer to pan and scrape residue from base with a wooden spoon. Return beef to pan with remaining beer and remaining ingredients except carrots, bring to the boil, then reduce heat to low, cover and simmer for 1 hour. Add carrots and continue to cook until beef is tender (about 2 hours). Scatter with chives and chive flowers and serve with potatoes or buttered noodles.
- Drink suggestion** Belgian-style ale.

Côte de boeuf

It's hard to beat a nice piece of grilling beef with béarnaise and pommes frites. If your béarnaise splits, you can save it by whisking another egg yolk in a clean bowl with a little vinegar until pale and frothy, then whisking in the split sauce little by little.

Prep time 40 mins, cook 30 mins

(plus soaking, resting)

Serves 4

- 1.2 kg floury potatoes (such as King Edward or sebago), peeled
 - Vegetable oil, for deep-frying
 - 4 rib-eye steaks on the bone (about 300gm each)
 - Olive oil, for brushing
 - 80 gm butter, diced
 - Watercress or green leaves, to serve
- Béarnaise**
- 75 ml white wine vinegar
 - 75 ml dry white wine
 - 2 golden shallots, thinly sliced
 - 10 black peppercorns
 - 3 egg yolks
 - 200 ml clarified butter (see cook's notes p200)
 - 1 tbsp finely chopped tarragon

1 Cut potatoes into thin chips and soak in a bowl of cold water for 1 hour to remove excess starch (this makes for crisper chips).

2 Heat oil in a deep-fryer or large deep saucepan to 150C. Drain potato chips, pat dry with a clean tea towel, then deep-fry in batches until softened but not coloured (7-8 minutes). Drain on a tray lined with paper towels.

3 For béarnaise, simmer vinegar, wine, shallots and peppercorns in a saucepan over medium heat until reduced by half (1-2 minutes). Strain (discard solids) into a heatproof bowl placed over a saucepan of simmering water, then add egg yolks and whisk continuously until pale, frothy and thick enough to hold a ribbon when drizzled from the whisk (3-4 minutes). Remove from heat and gradually add butter a drop at a time at first and then pour in a thin steady stream, whisking continuously to emulsify. Season to taste, stir in tarragon and keep warm.

4 Heat a char-grill pan or barbecue to high heat. Brush steaks with a little olive oil and season to taste with salt. Grill steaks, turning occasionally, until cooked to your liking (12-15 minutes for medium), then set aside to rest for 10 minutes.

5 Meanwhile, reheat oil in deep-fryer to 180C, add chips in batches and deep-fry, turning occasionally, until golden brown (1-2 minutes). Drain on paper towels, season to taste with sea salt and serve with steaks, béarnaise and watercress.

Wine suggestion The richest syrah your money can buy. ●



Carbonnade

CARBONNADE Salt dish from Mud Australia.
CÔTE DE BOEUF Dinner plate from Bison. All other props stylist's own. Stockists p199.

LET THEM eat cake

Pâtisserie means irresistible pastry creations in any language. From petites madeleines to an ovation-worthy gâteau Opéra, we celebrate the French sweet kitchen with our new range of tableware, the *Gourmet Traveller* Signature Collection.

RECIPES & FOOD STYLING EMMA KNOWLES PHOTOGRAPHY WILLIAM MEPPEM
STYLING CLAIRE DELMAR



Pistachio and strawberry
vacherin (RECIPE P145)

VACHERIN *Gourmet Traveller*
Signature Collection tall cake
stand in Shortbread, side
plates in Sage (top of stack),
and Vanilla (bottom of stack),
and short ramekin in Charcoal
(strawberries) by Robert
Gordon Australia from
Domayne. All other props
stylist's own. Stockists p199.

MADELEINES Gourmet Traveller Signature Collection oval platter and side plate in Charcoal by Robert Gordon Australia from Domayne. Glasses from Greene & Greene Antiques. Linen napkin from Chinaday. All other props stylist's own. Stockists p199.



WATCH & MAKE

Watch Emma Knowles make our cover recipe with the free **viewa** app, on iPad (pick up our digital edition via the Apple App Store) or online, plus find more French baking recipes: gourmettraveller.com.au

Ginger madeleines with spiced crème Anglaise
(RECIPE P150)

PARIS-BREST

Gourmet Traveller
Signature Collection
side plates in Charcoal,
Vanilla (top of stack),
and Sage (bottom of
stack), and creamer in
Charcoal by Robert
Gordon Australia from
Domayne. Cake fork

from Greene &
Greene Antiques.

TEXT PAGE *Gourmet
Traveller* Signature
Collection oval platter
in Sage by Robert
Gordon Australia from
Domayne. All other
props stylist's own.
Stockists p199.

Paris-Brest with hazelnut
praline cream



Paris-Brest with hazelnut praline cream

Paris-Brest is a classic for good reason – light-as-air choux pastry rings filled with hazelnut praline cream are hard to beat. Extra praline scattered inside adds a little unexpected crunch.

Prep time 50 mins, cook 45 mins (plus cooling)

Makes 8

200 ml milk
2 egg yolks, plus 1 extra, for eggwash (see cook's notes p200)
70 gm caster sugar
35 gm (1/4 cup) cornflour
150 ml thickened cream, whipped to soft peaks
Coarsely chopped hazelnuts and icing sugar, to serve
Hazelnut praline
170 gm caster sugar
170 gm roasted hazelnuts
Choux pastry
100 gm butter, diced
200 gm (1 1/3 cups) plain flour
4 eggs, at room temperature

1 For hazelnut praline, stir sugar and 40ml water in a saucepan over medium-high heat until sugar dissolves, then brush down sides of pan with a wet pastry brush and bring to the boil, swirling pan as mixture starts to caramelise, until dark caramel (5-6 minutes). Remove from heat, stir in hazelnuts and a pinch of salt with a lightly oiled fork, tip onto a lightly oiled baking tray and stand until set (40 minutes). Coarsely crush praline, then process three-quarters (reserve remaining in an airtight container to serve) in a food processor, scraping down sides occasionally, until a paste forms (5-6 minutes). Store in an airtight container at room temperature until required.

2 Bring milk to a simmer in a saucepan over medium-high heat. Meanwhile, whisk yolks and sugar in a bowl until pale (1-2 minutes), whisk in cornflour, then, whisking continuously, gradually add milk, then return to pan and whisk until simmering and thickened (1-2 minutes). Remove from heat, whisk in three-quarters of the praline paste, transfer to a bowl, cover directly with plastic wrap and refrigerate until chilled (1-2 hours). Whisk hazelnut praline cream to loosen, then fold in whipped cream. Transfer to a large piping bag fitted with a 1cm fluted nozzle and refrigerate.

3 For choux pastry, bring butter, 250ml water and a pinch of salt to the boil in a saucepan over medium-high heat. Remove from heat, quickly stir in flour until smooth, return to heat and beat for 2-3 minutes, then transfer to an electric mixer. Beat for 1 minute to cool slightly, then add eggs, one at a time, beating well and scraping down sides of bowl between additions, until glossy and smooth. Spoon into a piping bag fitted with a 1cm plain nozzle. Draw eight 6cm circles (use a cup or a cutter as a template), then pipe rings of choux pastry around each, sealing ends with a flick of the wrist. Pipe a second ring of pastry around the outside of the first so the rings touch, then pipe a third ring on top where the first two rings meet. Brush lightly with eggwash, scatter with

hazelnuts and bake until golden brown and puffed (30-35 minutes). Cool on wire racks.

4 To assemble, halve choux rings horizontally and spread bases with a little hazelnut praline paste. Pipe hazelnut praline cream over the bases in a decorative pattern, scatter with crushed hazelnut praline, sandwich lightly with choux ring tops, dust with icing sugar and serve. These are best eaten on day of making.

Pistachio and strawberry vacherin

This showstopper may look intimidating, but it's surprisingly very achievable when you break it down. The meringue discs, jelly and crème fraîche filling can all be made ahead, ready to assemble just before serving. As elegant as this looks, there's no elegant way to cut into it – smash it up and serve. Start this recipe a day ahead to make and set the jelly.

Prep time 45 mins, cook 3 1/4 hrs

(plus cooling, setting, macerating)

Serves 8-10 (pictured p142)

750 gm strawberries, hulled and quartered
Juice of 1 orange
60 ml Grand Marnier
100 gm pure icing sugar, sieved
2 egg yolks
600 gm crème fraîche
Scraped seeds of 1 vanilla bean
Champagne jelly
320 ml pink Champagne or sparkling wine
4 titanium-strength gelatine leaves, softened in cold water for 5 minutes
Pistachio meringue
150 gm eggwhite (about 4)
150 gm caster sugar
150 gm icing sugar, sieved
150 gm pistachio kernels, processed to a fine meal
Finely grated rind of 1/2 orange and 1/2 lemon

1 For Champagne jelly, bring Champagne to the boil in a saucepan over medium-high heat, then remove from heat. Squeeze excess water from gelatine, stir into Champagne to dissolve, pour into a small plastic container and refrigerate overnight to set. Dip container in a bowl of hot water, ease jelly away from sides with your fingertips and invert onto baking paper. Cut into 1.5cm cubes with a wet knife and refrigerate until required.

2 For pistachio meringue, preheat oven to 100C and line 3 baking trays with baking paper. Whisk eggwhite, caster sugar and a pinch of salt in an electric mixer until firm peaks form (6-7 minutes), fold in icing sugar, pistachios and rinds, then spoon into a piping bag fitted with a 1cm plain nozzle. Pipe meringue mixture in concentric circles to form three 20cm diameter rounds on prepared trays and bake, swapping trays partway through cooking, until crisp but not coloured (3-3 1/2 hours). Turn off heat and cool completely in oven. Store in an airtight container for up to 2 days.

3 Combine strawberries in a bowl with orange juice, 40ml Grand Marnier and 2 tbsp icing sugar, and set aside to macerate (20 minutes).>

MORE ONLINE

Gâteaux, galettes, Pithiviers and tarts – the French know a thing or two about baking. Check out some of the classics: gourmettraveller.com.au



- 4** Meanwhile, whisk yolks and remaining Grand Marnier in a heatproof bowl placed over a saucepan of simmering water until thick and pale (3-4 minutes), then place in an electric mixer and whisk until cooled completely (6-8 minutes). Whisk crème fraîche, vanilla and remaining icing sugar in a bowl until firm peaks form, fold in egg yolk mixture and refrigerate until required.
- 5** To assemble, place a meringue disc on a serving plate, spoon half the crème fraîche mixture over evenly, scatter with a third of the strawberries, then top with another meringue disc. Spread with remaining crème fraîche mixture, top with half the remaining strawberries, then finish with remaining meringue disc and top with remaining strawberries, jelly cubes and chopped pistachios. This is best served within 20 minutes of assembling.

Merveilleux

These feather-light mouthfuls of meringue and whipped cream are a revelation – who knew something so simple could be so good? They’re very versatile, too, lending themselves to any number of flavour variations. We’ve opted for a choc-orange combination with a hidden ganache centre. They’re best eaten as soon as they’re assembled while the meringue is still crisp.

Prep time 30 mins, cook 1 hr 40 mins

(plus setting, cooling)

Makes 12

300 ml thickened cream

100 gm double cream

1 tbsp Cointreau

Finely grated bitter chocolate (80%-85% cocoa solids) and thinly sliced candied orange, to serve

Candied orange ganache

60 ml pouring cream

20 ml Cointreau

75 gm dark chocolate (53%-60% cocoa solids), finely chopped

25 gm milk chocolate, finely chopped

40 gm candied orange, diced

Orange meringues

120 gm eggwhite (about 3)

120 gm caster sugar

120 gm pure icing sugar, sieved

Finely grated rind of 1 orange

1 For candied orange ganache, bring cream and liqueur to a simmer in a saucepan over medium-high heat, add chocolate, remove from heat and stand for 5 minutes, then stir until smooth. Stir in candied orange and refrigerate until just firm (1-2 hours), then transfer to a piping bag with no nozzle attached and set aside at room temperature.

2 For orange meringues, preheat oven to 120C (with no fan). Whisk eggwhite, sugar and a pinch of salt in an electric mixer until firm peaks form (6-8 minutes), fold in icing sugar and rind, spoon into a piping bag fitted with a 1cm fluted nozzle and pipe into 12 paper patty cases. Bake until crisp but not coloured (1-1½ hours), turn off heat and cool completely in oven (2 hours). Store in an airtight container for up to 2 days.

Merveilleux



3 Whisk creams and liqueur in an electric mixer to soft peaks, then transfer to a piping bag fitted with a 1cm fluted nozzle.

4 To serve, pipe a small dollop of ganache in the centre of each meringue, then pipe cream over the top in concentric circles to form a high peak. Scatter with grated chocolate and candied orange, and serve immediately.

100 gm almond meal

60 gm icing sugar, sieved

30 gm plain flour

20 gm melted butter

1 tbsp espresso

Coffee buttercream

220 gm caster sugar

150 gm eggwhites (about 4)

400 gm softened butter

70 ml espresso

Ganache

200 ml pouring cream

20 ml espresso

20 ml brandy

350 gm dark chocolate (56% cocoa solids), finely chopped

80 gm milk chocolate, finely chopped

20 gm butter, finely chopped

Gâteau Opéra

This beautifully layered gâteau is a much-loved classic with its layers of coffee-soaked cake, fluffy buttercream and rich ganache. We’d be lying if we said it was simple to make, but it is an excellent do-ahead cake for entertaining, with all the work done beforehand.

Prep time 1½ hrs, cook 20 mins

(plus cooling, freezing, setting)

Serves 10-12

80 ml (½ cup) espresso

Chocolate curls, optional to serve

Almond joconde

100 gm eggwhite (about 2½)

65 gm caster sugar

3 eggs

1 For almond joconde, preheat oven to 180C, and butter and line two 27cm x 37cm Swiss roll pans with baking paper. Whisk eggwhite, sugar and a pinch of salt in an electric mixer until firm peaks form (6-8 minutes), add eggs and whisk until pale and fluffy (3-4 minutes). Fold in almond meal, >

Whether this classic was named for the Opéra de Paris isn't clear, but it's certainly a ***grand production*** realised over several acts.

Gâteau Opéra



GÂTEAU Gourmet Traveller Signature Collection cake plate with rim, side plate and creamer in Vanilla by Robert Gordon Australia from Domayne. Shutters from Elements I Love. Coupes from No 12 Trading. Forks from Greene & Greene Antiques.

MERVEILLEUX Gourmet Traveller Signature Collection cake plate with rim in Charcoal by Robert Gordon Australia from Domayne. Glass bowl and forks from Greene & Greene Antiques. All other props stylist's own. Stockists p199.



Kouign-amann

icing sugar and flour, then fold in butter and coffee. Spread mixture evenly between prepared pans, smooth tops and bake, swapping pans occasionally during cooking, until golden brown and cake springs back when lightly pressed (7-8 minutes). Turn out onto baking paper lightly dusted with flour, remove backing paper and set aside to cool (30 minutes).

2 For coffee buttercream, stir 200gm sugar and 80ml water in a small saucepan over medium-high heat until sugar dissolves, brush down sides of pan with a wet pastry brush, then bring to the boil and cook without stirring until syrup reaches 121C on a sugar thermometer (4-5 minutes).

Meanwhile, whisk eggwhite and remaining sugar on high speed in an electric mixer until firm peaks form (4-5 minutes) then, when syrup reaches correct temperature, reduce speed to medium, gradually drizzle syrup in down sides of mixer bowl then whisk on high speed until fluffy and cooled to room temperature (4-5 minutes). Whisk in butter a little at a time until pale and fluffy (5-6 minutes), then whisk in coffee and set aside.

3 For ganache, bring cream, coffee and brandy to the simmer in a saucepan over medium-high heat, remove from heat, add chocolate, butter and a pinch of salt, stand for 5 minutes, then stir until smooth and combined. Reserve.

4 To assemble, lightly oil an 11cm x 27cm straight-sided 11cm-deep loaf tin, then line the base and sides with baking paper, leaving about 10cm of overhang at each long side (to lift the set cake from tin). Cut four 11cm x 27cm rectangles from joconde, and place one in the base of tin and brush with a little coffee. Spoon in enough coffee buttercream to form a 5mm-thick layer, spreading evenly (a small offset spatula is the best tool for this), then freeze until just firm (10 minutes). Pour over a thin layer of ganache, spreading evenly, top with another piece of joconde and repeat brushing, layering and freezing, until you use up the last layer of joconde (you may not need all the coffee buttercream). Brush with coffee, finish with a thin layer of ganache and refrigerate until firm (3-4 hours). Cake will keep covered and refrigerated for 1-2 days.

5 To serve, carefully lift cake from tin by overhanging paper, peel paper from sides, then trim sides with a hot, wet knife. Scatter with chocolate curls and slice using a hot, wet knife.

Kouign-amann

This Breton classic may take time to make, but it's not difficult. In fact, most of the required time is down-time, resting the laminated yeasted pastry between each turn. Best-quality salted butter is key here, and an extra sprinkling of sea salt flakes ups the ante.

**Prep time 1 hr, cook 40 mins
(plus proving, resting)**

Makes 12

400 gm (2½ cups) bread flour, plus extra for rolling
7 gm (1 sachet) dried yeast
30 gm melted butter, plus 330gm extra butter
120 gm caster sugar, plus extra for rolling and dusting

1 Mix flour, yeast and 1 tsp salt in an electric mixer fitted with a dough hook. Combine melted butter with 280ml lukewarm water in a jug and gradually add to flour mixture, knead on low speed to form a soft dough (1-2 minutes), then increase to medium speed, and knead until smooth and elastic (3-4 minutes). Transfer to a lightly oiled bowl, turn to coat, cover and stand until doubled in size (1 hour).

2 Meanwhile, pound extra butter with a rolling pin between 2 pieces of baking paper until malleable, form into an even 14cm square and refrigerate. Remove from fridge about 10 minutes before rolling.

3 Turn out dough onto a lightly floured surface and roll to 20cm square. Place butter at centre of dough so each side of the butter faces a corner of dough. Fold over corners of dough to enclose butter like an envelope, pinch to seal, then roll to a 20cm x 45cm rectangle. With a short side nearest you, fold down top third of dough, then fold up the bottom third to cover. Wrap in plastic wrap and refrigerate to rest for at least 1 hour. Repeat rolling, folding and resting twice more.

4 Butter a 12-cup muffin tray or twelve 6cm-tall, 7.5cm-diameter ring moulds and place on a baking tray lined with baking paper. Lightly dust work surface with extra sugar, place dough on top, scatter with more sugar and roll again to a 20cm x 45cm rectangle. Sprinkle with half the caster sugar and a little salt if you like, then fold as before. Roll to a 40cm x 50cm rectangle, trim edges and dust with remaining sugar. Cut out twelve 12cm squares. Bring corners of each square to the centre (to resemble a four-leaf clover), pinch to seal, then place in prepared moulds, scatter with a little extra sugar and a pinch of sea salt flakes, cover loosely with plastic wrap and stand in a warm place until slightly puffed (30-40 minutes).

5 Preheat oven to 200C and bake pastries until dark golden brown and caramelised (30-35 minutes). Stand for 5 minutes before carefully turning out onto a wire rack (be careful, there will be hot caramel in the base of tins). Serve warm or at room temperature; or once completely cool, store in an airtight container. These are best eaten within a day of making.>

KOUIGN-AMANN

Gourmet Traveller Signature Collection oval platter and side plate (centre) in Vanilla, and side plates in Sage (top left) and Charcoal (far right) by Robert Gordon Australia from Domayne. Vintage knife and fork from The Country Trader. Cake fork from Greene & Greene Antiques. Linen napkin from Cultiver. All other props stylist's own. Stockists p199.

HOT
TIP

Kouign-amann can be made over the course of a couple of days if you like – make the base and do the first three turns one day, then finish it off the next. Once the sugar layer is incorporated, though, you'll need to finish the process.

Rum savarin with coconut cream and pineapple

Syrup-soaked savarin is like a super-sized rum baba baked in a ring mould. The hole in the centre is an ideal receptacle for fruit and a creamy filling, in this case a coconut-scented cream and sweet new-season pineapple – perfect with the rum-spiked syrup.

**Prep time 30 mins, cook 1 hr
(plus proving, infusing)**

Serves 6-8

7 gm (1 sachet) dried yeast
60 ml (1/4 cup) lukewarm milk
200 gm (1½ cups) plain flour, sifted
3 eggs, at room temperature, lightly beaten
1 tbsp caster sugar
90 gm softened butter, chopped
Thinly sliced pineapple and finely grated lime rind, to serve

Toasted coconut cream

100 gm shredded coconut
200 ml milk
150 ml pouring cream
1 vanilla bean split and seeds scraped
2 egg yolks
60 gm caster sugar
2½ tbsp cornflour
20 ml rum
200 ml thickened cream, whipped to soft peaks

Rum-lime syrup

220 gm (1 cup) caster sugar
Juice of 2 limes
60 ml rum

1 Stir yeast and milk in an electric mixer to combine, then stand until foamy (2-3 minutes). Add flour, eggs and a pinch of salt and beat until a very soft sticky dough forms (2-3 minutes). Scrape down sides of bowl, cover with plastic wrap and stand until doubled in size (1 hour).

2 Preheat oven to 200C. Return bowl to electric mixer fitted with a dough hook, add sugar and knead to combine, then gradually add butter, kneading well between additions. Knead on medium-high speed until dough is soft and silky (6-8 minutes; the dough will start off very sticky, but becomes firmer during kneading). Transfer to a large piping bag (with no nozzle) and pipe into a buttered 20cm savarin tin or ring tin. Tap firmly on work surface to remove air bubbles, cover with plastic wrap, then set aside in a warm place until slightly risen (30 minutes). Bake until golden brown and a skewer inserted in the centre comes out clean (20-25 minutes). Stand for 5 minutes, then turn out onto a serving platter.

3 Meanwhile, for toasted coconut cream, spread coconut on a baking tray and roast, stirring occasionally, until dark golden brown (6-8 minutes). Transfer to a saucepan, add milk, cream and vanilla bean and seeds and bring to a simmer over medium heat. Set aside to infuse (25-30 minutes), then bring back to a simmer. Whisk yolks and sugar in a bowl until pale (1-2 minutes), then whisk in cornflour. Strain milk

mixture over, whisking continuously to combine and pressing on solids to extract as much liquid as possible (discard solids). Return mixture to pan and whisk continuously until mixture simmers and thickens (1-2 minutes). Remove from heat, whisk in rum, transfer to a bowl, cover closely with plastic wrap and refrigerate to chill (1-2 hours). Whisk coconut cream to loosen, fold in whipped cream and refrigerate until required.

4 Meanwhile, for lime-rum syrup, stir sugar, juice and 350ml water in a saucepan over medium-high heat until sugar dissolves, then bring to the boil and cook until reduced by a third (8-10 minutes). Remove from heat, add rum, then pour half the syrup over warm savarin and set aside.

5 To serve, spoon toasted coconut cream into centre of savarin, top with pineapple slices, drizzle with rum-lime syrup, scatter with lime rind and serve warm or at room temperature. This is best eaten on the day it's made.

2 For spiced crème Anglaise, bring cream, milk, spices, vanilla bean and seeds to the simmer in a saucepan over medium-high heat, set aside to infuse (5 minutes), then bring back to a simmer. Whisk yolks and sugars in a bowl until pale (2-3 minutes), then add cream mixture, whisking to combine. Return to pan and stir continuously over medium-high heat until mixture thickly coats the back of a spoon (4-5 minutes). Strain into a bowl, then refrigerate, whisking occasionally, until chilled. Cover and refrigerate until required.

3 Preheat oven to 180C. Snip tip of piping bag or corner of snap-lock bag and pipe mixture into 2 buttered 12-cup madeleine moulds (do not spread). Bake until golden and cooked through (8-10 minutes), tap tray to release madeleines. Dust with icing sugar and serve warm with spiced crème Anglaise. ●

Ginger madeleines with spiced crème Anglaise

Much has been written about the joys of eating a madeleine still warm from the oven – and it's all true. These golden-brown beauties are spiked with a hint of ginger and are even better when dipped into chilled spiced crème Anglaise. Start this recipe up to a day ahead to rest and chill the batter, which helps it puff during cooking and gives an airy texture.

**Prep time 20 mins, cook 20 mins
(plus resting, cooling)**

Makes 24 (pictured p143)

120 gm butter, diced
3 eggs, at room temperature
100 gm white sugar
1 tbsp brown sugar
1 tbsp honey
175 gm plain flour, sieved
1 tsp baking powder
1 tbsp ground ginger
¼ tsp ground cinnamon
Icing sugar, for dusting

Spiced crème Anglaise

200 ml pouring cream
100 ml milk
1 tbsp finely grated ginger
1 star anise
1 vanilla bean, split and seeds scraped
3 egg yolks
2 tbsp each brown sugar and caster sugar

1 Melt butter in a saucepan over low heat, then cool to room temperature (2-3 minutes; butter should be liquid). Whisk eggs, sugars, honey and a pinch of salt in an electric mixer until pale and fluffy (4-5 minutes). Sift over flour, baking powder and spices, and fold to combine. Add butter a little at a time, folding to just incorporate between additions, then transfer to a disposable piping bag (with no nozzle) or a snap-lock bag and refrigerate to rest and chill (4 hours or overnight).

TEXT PAGE Gourmet Traveller Signature Collection short cake stand in Sage and creamer in Vanilla by Robert Gordon Australia from Domayne. Shutters from Elements I Love. Linen napkin from Chinaclay. Sugar bowl from Greene & Greene Antiques. All other props stylist's own. Stockists p199.

**GOURMET TRAVELLER
SIGNATURE COLLECTION**

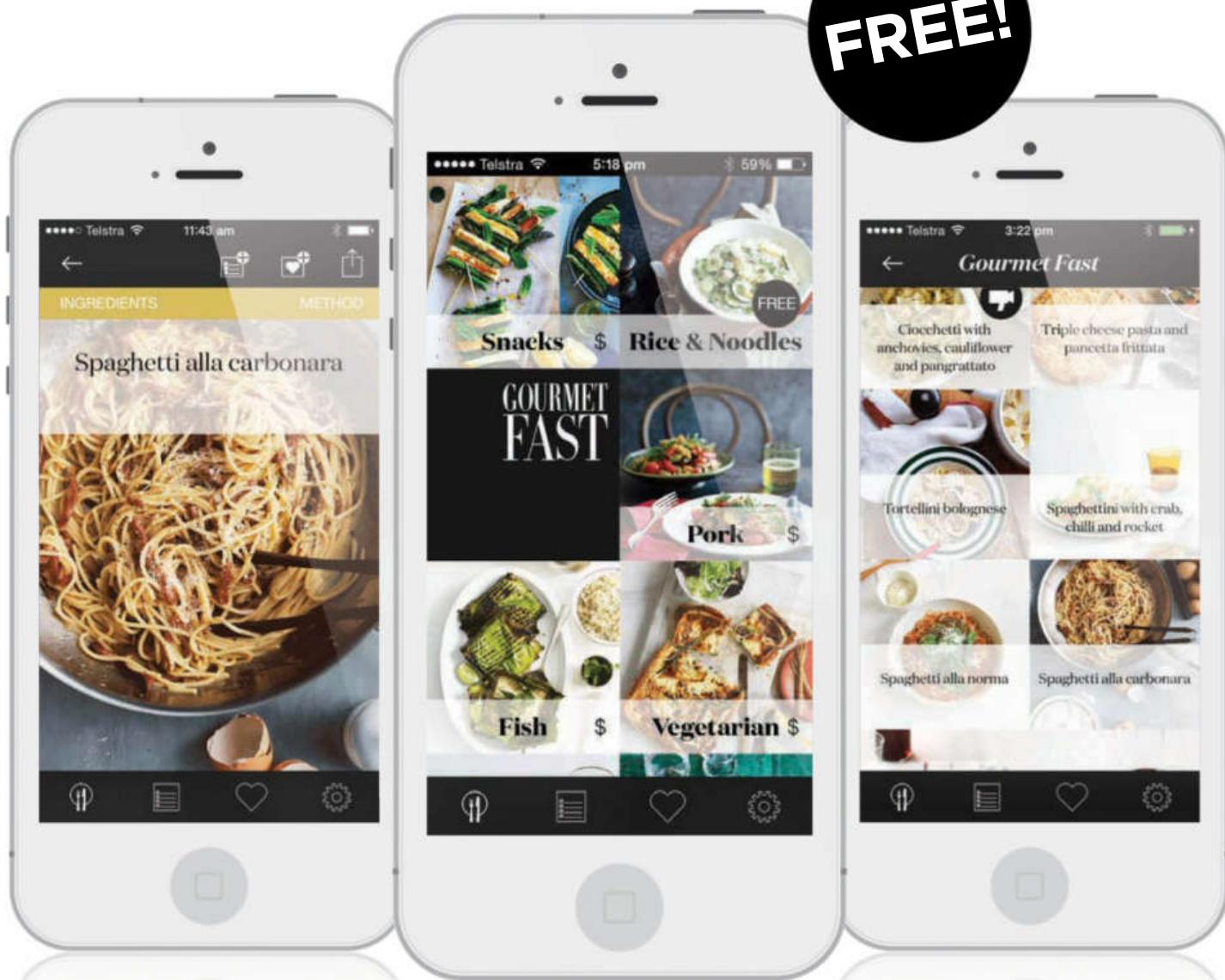
For more information about the creation of the range see page 100.



Rum savarin with coconut cream and pineapple



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OCTOBER 2015

travel

From the cafés and bars of Paris to the bistro and châteaux of Bordeaux, we've got your French sojourn covered.

Paris confidential Aussie chef James Henry took Paris by storm at his restaurant, Bones. Here he shares his adopted city's favourite haunts.

Highway to heaven A leisurely road trip from Bordeaux to Limoges promises long lunches, sojourns in châteaux and a ticket to happiness.

Salon treatment A private mansion in the 8th, a seductive maison of boudoirs and a Pigalle neighbourhood hangout – three boutique lodgings redefining Paris hotel chic.

PHOTOGRAPHY ANTHONY LANNERETONNE





Paris CONFIDENTIAL

Expat Aussie chef James Henry took the French capital by storm at Au Passage and his own restaurant, Bones. Here he shares his favourite haunts in his adopted city.

SEEING ROUGE

Red House in the 11th arrondissement. Opposite: James Henry outside the landmark Clown Bar.

WORDS MAYA KERTHYASA PHOTOGRAPHY CARLA COULSON





It was romance that first drew James Henry to Paris. “I initially wanted to move to the southwest of France,” he says, “but I had a girlfriend from Paris so that’s how we ended up here.”

The Brisbane-raised chef, whose résumé includes time at Cumulus Inc in Melbourne and The Stackings in Tasmania, kicked off his Parisian culinary career four years ago as chef de partie at American chef Daniel Rose’s Spring restaurant. Then Henry helped launch the acclaimed neo-bistro Au Passage, a week-long stint that turned into a year. “Au Passage was sort of like an instant hit,” he says. “It was fresh and new to the city and maybe a little inventive... The French were always surprised to find out it was an Australian kid in the kitchen.”

After Au Passage, Henry felt it was “a natural progression” to run his own show, and in 2013 he opened Bones in the edgy 11th arrondissement, quickly winning the attention of serious foodists in Paris and around the world. “Bones was a challenging place to work,” he admits, “but ultimately a fun and accessible restaurant.”

Henry closed Bones in August to pursue new challenges. “It was a good learning experience,” he says. “I loved the people I worked with, having the chance to run my first restaurant, and also being able to move on when the time was right.” He still calls Paris home, though, and is keen to get to know the city even better in his newly acquired spare time. “Since

TRADE SECRETS

Above from left:
produce at Marché
Bastille and fresh fish
at Terroirs d’Avenir.



I’ve been in Paris, to be honest, I feel like I’ve worked so much I still haven’t really discovered the whole city,” he says, “which is a nice feeling, really.”

Henry spends most of his time around the 11th, drawn by its progressive food and wine scene. “It’s where my restaurant was, it’s right next to the 20th where I live, and it happens to be where most of the restaurants and the bars I go to are.”

He occasionally dips into the more bourgeois parts of town – the 1st and 6th, say – but, for the most part, he sticks to his local haunts. “I don’t have enough time to eat bad meals,” he says.

LE BAL CAFÉ

“This is a favourite for Sunday brunch on the terrace. It’s run by a couple of friends of mine, Alice Quillet and Anselme Blayney [with British-born co-chef Anna Trattles], and I think it’s one of the few places in Paris to get good coffee. It’s at the front of the photography gallery Le Bal, which always has interesting exhibitions and a great bookshop. For lunch they have a well-priced, really nice seasonal menu – roast lamb with roast beetroot and lentils, things like that. On the brunch menu there’s always a really good sandwich, maybe an Ibérico pork sandwich on pochon bread [a buckwheat sourdough], and the Welsh rarebit is



really good. They do a great kedgeree, too, and in summer there's jugs of Pimm's." *Le Bal Café, 6 Impasse de la Défense, 75018, le-bal.fr*

LE VERRE VOLÉ

"This place is known for its wines, though there's no wine list. There are shelves all over the restaurant lined with wine, and you either pick out a bottle or ask the sommelier to find something that will suit, and they always do. Le Verre Volé is great for lunch, definitely bistro in vibe, with a menu that changes all the time and it's in one of my favourite areas – the 10th, by the Canal Saint-Martin. There's a blackboard menu listing about a dozen entrees, and then a choice of two bigger plates, maybe a whole fish or a large cut of meat with a garnish, plus classic plates that never change, like

boudin noir or a jambon de Paris. It's also a takeaway wine shop, so if the weather's nice you can buy a bottle and some food to go. There's a nice park nearby or you can sit by the canal. In summer the canal is crammed with young people drinking beer, hanging out, people-watching. It's a nice place to pass a Sunday." *Le Verre Volé, 67 rue de Lancry, 75010, leverrevole.fr*

TEN BELLES

"Ten Belles is a café owned by my friends Alice and Anselme, from Le Bal Café, and it definitely has the best coffee in the city, in my opinion. They do sausage >

PARIS CATCH

Clockwise from above: fish and mussels at Terroirs d'Avenir, a one-stop shop; Le Baratin, the go-to for classic French bistro fare; Le Bal Café's kedgeree, and its dining room.



CAFFEINE HIGH

Clockwise from top:
Henry outside Ten Belles; bistro Le Baratin;
carob cupcake with peanut butter icing at Ten Belles.

rolls, scones, savoury breakfast rolls, almond frangipane tart, lemon teacakes, things like that. Unlike Le Bal, in an open space, Ten Belles is more of a hole-in-the-wall kind of place; you can sit down, but it's pretty tight. They do takeaway coffee, too." *Ten Belles, 10 rue de la Grange aux Belles, 75010, tenbelles.com*

RED HOUSE

"This is the bar, not far from Bones, where we would go after work or on Sundays. It's good fun, kind of like a dive bar with great cocktails. They do €5 Negronis, it's loud, it's dark, there's a pinball machine, and it attracts a young, tattooed, pretty eclectic crowd. It's

owned by a guy called Joe Boley from New Mexico and though the music is questionable – punk-oriented, most of the time – I like it." *Red House, bis, 1 rue de la Forge Royale, 75011*

TERROIRS D'AVENIR

"If I get up early enough on a Sunday I'll go to the Bastille markets; otherwise there's Terroirs d'Avenir. It's a one-stop shop for everything you need to cook a nice dinner or stock up for the week. They supply most of the top restaurants in Paris and we used to work with them a lot at Bones. Their retail shop in the 2nd includes a small butchery and a fish shop, and for my money, it's some of the best produce you'll find in France. They work with small farmers from Île-de-France for organic heirloom vegetables, and with fishermen from Saint-Jean-de-Luz in the south of France and in Brittany." *Terroirs d'Avenir, 6 rue du Nil, 75002*

MARCHÉ BASTILLE

"This is a great market for strolling and people-watching. Though it's large – about a hundred or so stalls – there's only one place I buy from, a small producer located on the left-hand side as you head into the market, who sells poultry and organic vegetables. There are always interesting root vegetables, turnips and radishes, and good herbs at this stall, but they sell out very fast. Paris isn't an early rising city, so if you get there about eight or nine you'll be fine." *Marché Bastille, Thursday 7am-2.30pm, Sunday 7am-3pm, Boulevard Richard Lenoir, 75011*

CLOWN BAR

"This historic restaurant next to the Cirque d'Hiver, the Winter Circus, in the 11th arrondissement has been bought recently by the people who own Saturne, another good restaurant in the 2nd. They've cleaned up the Belle Époque interior and put a really good Japanese chef, Sota Atsumi, in the kitchen. He's cooking quite traditional French food, but freshened up and well executed. Last time I went there I had an excellent piece of brill with grilled green beans and a béarnaise or sabayon sauce. Atsumi cooks pigeon very well – there's generally always a pigeon dish on the menu. And he does a really good Pithiviers, a sort of fancy French meat pie. There's an excellent wine list and a nice terrace for dining when the weather's warm. This is the sort of place you hope to find when you first come to Paris, where you'll eat and drink well." *Clown Bar, 114 rue Amelot, 75011, clown-bar-paris.fr*

LE BARATIN

"If I wanted a classic French meal I'd go to Le Baratin, a bistro in the 20th, open for about 20 years. It's quality cooking, great produce, unadorned, no>



"At Le Verre Volé you can also buy a bottle and food to go and sit by the canal, which is crammed with people **drinking and people-watching**."



C'EST LE VIN

Clockwise from left:
Le Verre Volé; Ten
Belles; Henry outside
Terroirs d'Avenir and
meat in its butchery.



"The Marais is *always full of people*, particularly on a Sunday, so it's quite fun."

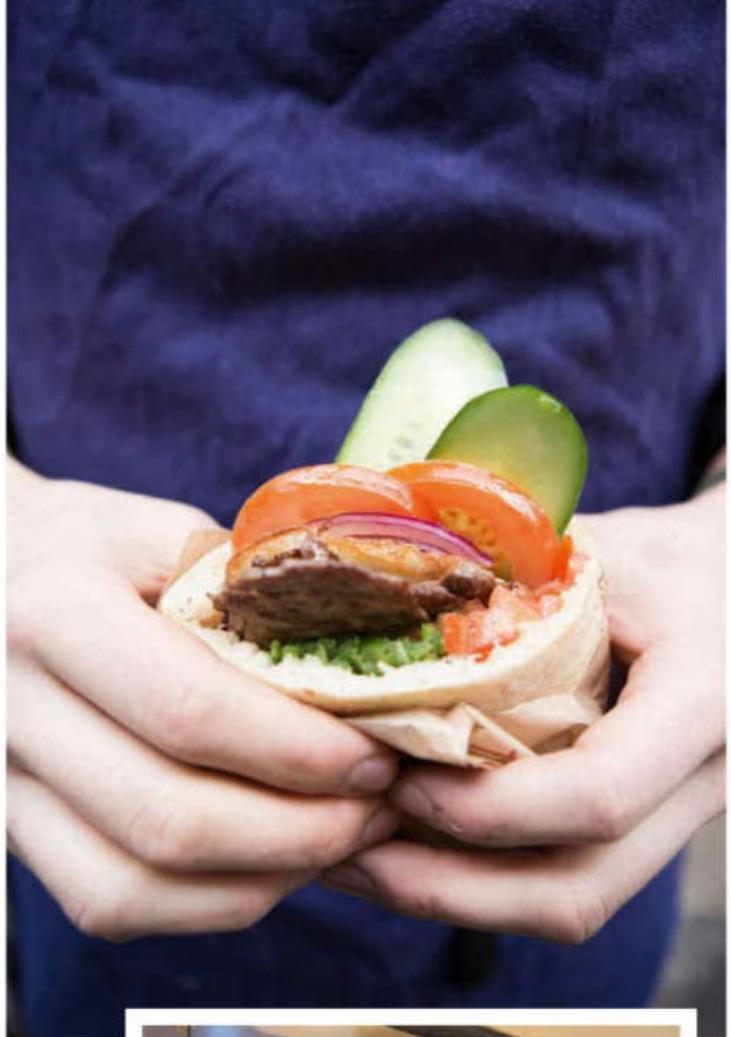
artifice, good food, good wine. The menu changes occasionally, but the offal dishes are always really great. The last couple of times I went they were doing poached veal brains with beurre blanc and pink potatoes, which all the chefs seem to love."
Le Baratin, 3 rue Jouye-Rouve, 75020

DU PAIN ET DES IDÉES

"This bakery in the 10th, just near Le Verre Volé, Ten Belles and the Canal Saint-Martin, makes excellent bread. I think the bread in Paris is generally okay, but there's a lot of mass-produced wheat being used, all coming from the same mills, which means everything starts to look the same and taste the same. Some bakers, though, are grinding their own wheat and some use ancient grains. The sourdough at Du Pain et des Idées is unique; made with organic flour, with roasted, toasty notes. People are also very fond of their pistachio escargot." *Du Pain et des Idées, 34 rue Yves Toudic, 75010, dupainetdesidees.com*

PRÊT À MANGER

Clockwise from above:
Miznon, an Israeli sandwich shop serving stuffed pita breads such as the steak and egg pita. Opposite: butcher's stand at Marché Bastille.



MIZNON

"This is an Israeli sandwich shop in the Marais. The district is always full of people, particularly on a Sunday, so it's quite fun. They do a choux farcis sandwich, which is lamb cooked inside cabbage leaves, piled into soft pita bread with eggplant and a very simple fresh tomato sauce. And there's whole roasted cauliflower, which you eat with tahini and a cheese sauce." *Miznon, 22 rue des Ecouffes, 75004* ●





highway TO HEAVEN

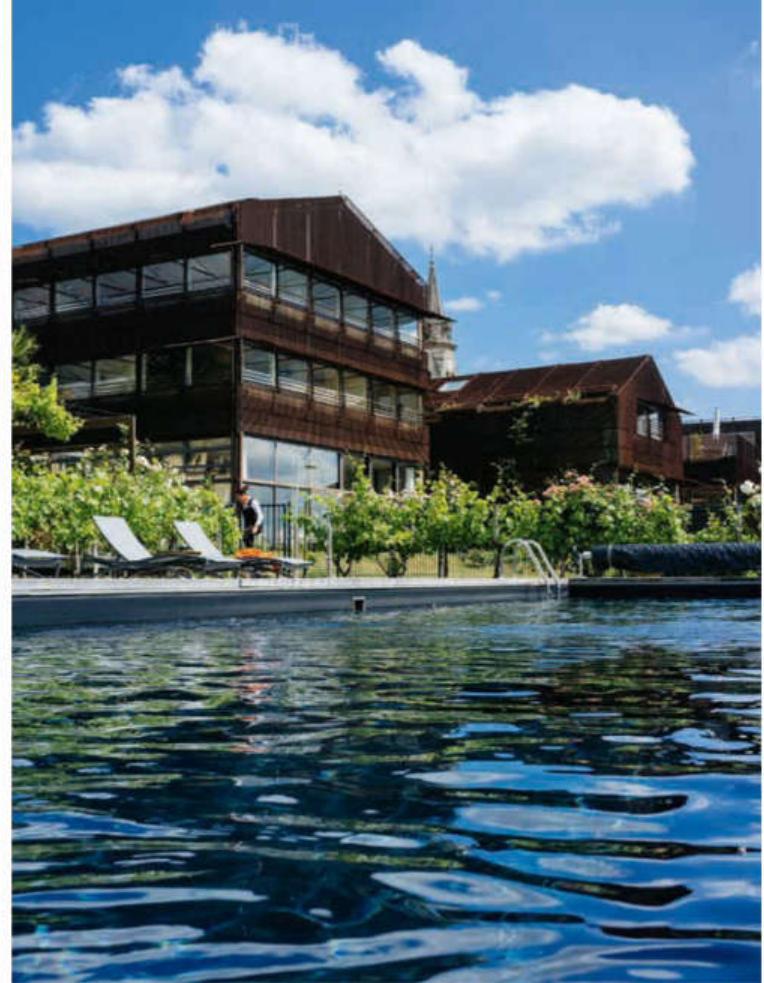
A leisurely road trip from Bordeaux to Limoges promises long lunches, sojourns in châteaux and a ticket to happiness, writes **David Leser**.

PHOTOGRAPHY ANTHONY LANNERETONNE

ON THE ROAD

The restaurant at
Château de la Treyne
in Lacave. Opposite:
Château de Mercuès.





I'm swimming in a field of merlot. Not literally, of course, although given how much "vin du jardin" I'll be drinking tonight it's not that far from the truth. What I mean is I'm swimming in a 20-metre pool set in a vineyard above the city of Bordeaux, surrounded by merlot vines, birdsong and the pealing of church bells.

Bumblebees kiss roses in a garden beside me. Soon I'll retire upstairs to my hotel suite, one of 18 designed by starchitect Jean Nouvel in the style of an old tobacco-drying barn, and dress for dinner prepared by the hotel's starred chef.

Our hotel, Le Saint-James, is in the commune of Bouliac, the "balcony of Bordeaux". It's our first stop on a week-long drive through south-western France following a *route du bonheur*, a road of happiness, devised by the luxury hotel group Relais & Châteaux. The trip will take us from the foothills of Bordeaux, the regional capital of Aquitaine, into the spectacular Midi-Pyrénées, then north to Limoges. Already I can sense a certain kind of valour will be needed if I'm not to return looking like a force-fed goose.

The odds are against me from the start, even as the bread and truffle butter arrive and before Le Saint-James' chef, Nicolas Magie, rolls out his five-course dégustation: onion sorbet with bacon cream, roast scampi with cucumber sorbet and green melon, sea bass and white asparagus from the pine forests of the Landes, followed by Quercy lamb in blackcurrant sauce. There's a soft cow's milk cheese from Chaource, an apple ice with celery and cucumber

and, finally, a dark chantilly chocolate with vanilla cream and sponge cake, matched with a '66 Les Bas Armagnac.

"We are focused on gastronomy," says maître de maison Anthony Torkington, who arrived here three years ago with Magie. "Customers come to Saint-James to find happiness and well-being."

This could well be the official proclamation of the week and, truth is, I'm both completely predisposed and ill-prepared for what is to follow. Within 12 hours of dining like Sun Kings at Le Saint-James we're driving through the department of Lot-et-Garonne, a patchwork of meadows, vineyards and grain fields framed by the rivers Lot and Garonne – to a five-star hotel and its two-star restaurant in the fortress town of Puymirol.

At this point I adopt a variation of a motto I once heard: "If your arteries are good, eat more foie gras. If they are bad, drink more vin du jardin. Proceed accordingly."

On y va.

In 1978 Michel Trama, an Algerian-born former scuba-diving champion, decided to sell his small bistro in Paris and move to Puymirol. "I came here unconsciously," he says. "I didn't know much about cooking so it was books, books, books, copy, copy, copy."

The village, 150 kilometres south-east of Bordeaux, had seen better days by the time Trama and his wife, Maryse, arrived. Only 750 people lived here and, apart from its medieval ramparts and necropolis, the most exciting thing about Puymirol was its equidistance

DRIVING FORCE

Above: chef Nicolas Magie of Le Saint-James and the hotel itself.

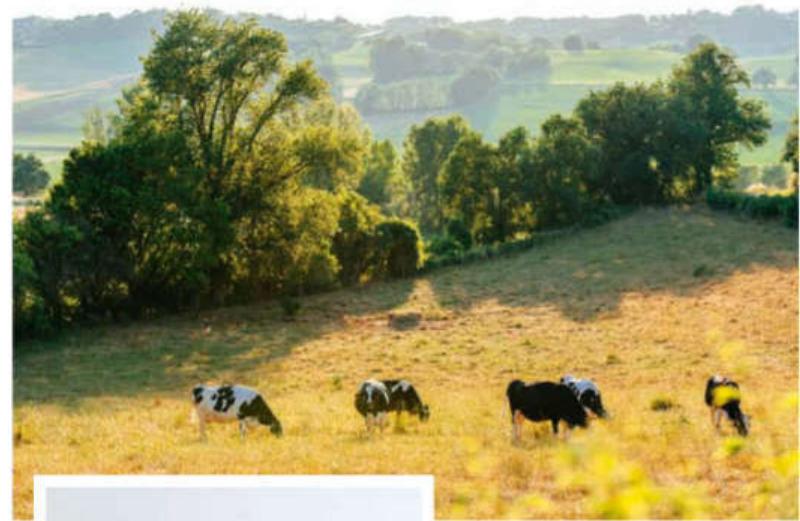


from the World Heritage-listed town of Saint-Émilion to the north-west and the Malbec-producing region of Cahors to the north-east.

The Tramas bought the auberge in Puymirol's main street and Michel began studying the techniques of the great chefs Auguste Escoffier and Michel Guérard. In 1981, just over two years after opening his eponymous restaurant, Trama was awarded his first Michelin star. A year later he received his second, by which time the couple had acquired the house next door, owned in the 13th century by the Count of Toulouse, Raymond VII.

Today the house is a tribute to the power of the hereditary rulers of southern France and to the style of famed interior designer and tastemaker Jacques Garcia, and the hotel's Baroque elegance is a perfect complement to Trama's cooking and exemplary produce. "The first quality of the chef," he says when he joins us on the restaurant terrace, "is to choose the best product. I am just the servant of the product."

We start with a ratatouille sorbet, then follows thinly sliced foie gras dressed in argan vinaigrette. The reinforcements arrive next: ravioli with prawns in a tangy Asian-informed sauce, tagliatelle in a cream of bacon and truffles, and roast pigeon and carrots in orange and cumin. There's a tear-shaped chocolate dessert – la larme de chocolat aux griottines – followed by local cheeses, but I falter at the fifth course. Despite the quality of the bird and Trama's 35-year working relationship with his pigeon producer from Palleville, I have no room for *le pigeonneau* and I'm forced to leave half on my plate.



This town has obviously seen far worse in its bloody history, but an insult is still an insult and I fear I've just affronted one of France's finest chefs. "You didn't like my food last night," Monsieur Trama declares when we meet the next morning.

"No, Monsieur Trama. I loved it. There was simply no room. You must understand... *mon estomac était trop plein.*"

The chef walks away, leaving me to contemplate my breakfast foam of scrambled eggs. Here, too, I stumble, unable to finish. Worse, I compound these affronts with an even greater faux pas at lunch. I ask for my steak *bien cuit*, well done. It arrives somewhere between *saignant* (bloody) and *à point* (medium rare).

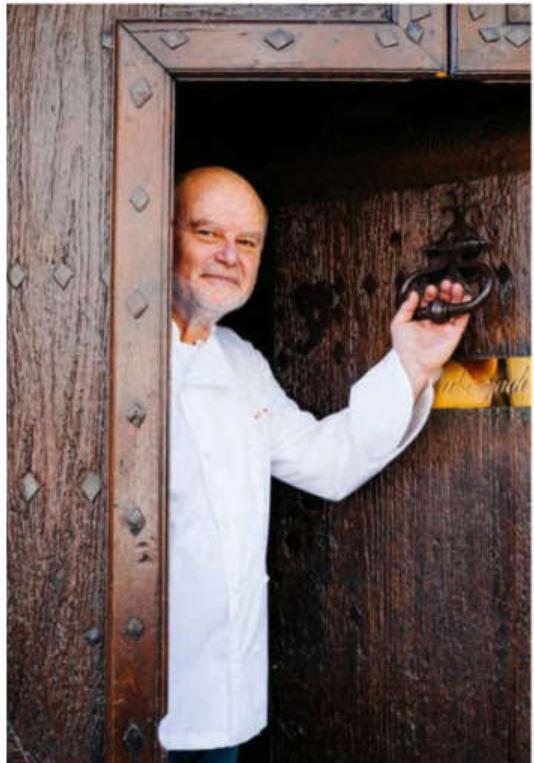
Touché, Monsieur Trama, touché.

To reach our next destination at Château de Mercuès we drive north-east from the ramparts of Puymirol to the Midi-Pyrénées, into the heart of the Lot, every rise and fall along the way a revelation. Known as "the land of marvels", this department is dotted with medieval villages suspended on cliff faces, orchards bursting with apricots and cherries, oak forests bearing black truffles, walnut groves and fields of lavender and, of course, the Lot River wending its untroubled way from the Cévennes in south-central France, through lamb and foie gras country, into the Garonne.

If true abundance is to be found anywhere in the world it's here, and if there's a place to stay that might befit such plenitude it's Château de Mercuès, a once-

STAR QUALITY

Clockwise, from top left:
Michel Trama's auberge;
Trama's preserves; sea
bass with morels and
white asparagus at
Le Saint-James.



impregnable Gallo-Roman camp poised high above the right bank of the Lot with spectacular views east to Cahors.

Château de Mercuès was the summer residence of the bishops of Cahors, a city pillaged relentlessly through history but now best known for its cathedral and fine malbec.

Our host, Yann Potet, guides us through the once private gardens of the bishops, past the old drawbridge and a 235-year-old Lebanese cedar, planted seven years before the French Revolution altered the course of history. "For 700 years the bishops owned this castle," he says, "and during that time 79 bishops lived here."

The clergy's influence waned after the French Revolution and Reign of Terror, and the castle

remained virtually uninhabited until the 1905 law of Separation of Church and State when it was placed under the control of the French government.

In 1950 Château de Mercuès was turned into a hotel and in 1959 a Relais & Châteaux hotel with 24 rooms and six suites, each with a fit-out inspired by an epoch of French history and connected over seven floors by a maze of corridors and stairwells (and a 20th-century lift).

Edith Piaf stayed here; so, too, Charles de Gaulle, before becoming President of the Fifth Republic. "From Château de Mercuès you can see history coming at you," he declared from the bishop's top-floor stronghold.

Château de Mercuès is also one of the finest wineries in south-west France, owned by the Vigouroux family whose expertise in producing the famous Cahors malbec "black" wine dates back to 1887. The vineyards of the Cahors region had barely survived war with the English, wars between Protestants and Catholics, and the devastating phylloxera outbreak of the 19th century but they flourished anew under the Vigouroux eye. The scion, Georges, bought the château in 1983 and began the revival of one of the oldest vineyards in Europe.

In the Romano-Byzantine cellars beneath the château gardens, we're shown old wooden barrels and stainless-steel tanks in which some of the greatest malbecs in the world are produced, including the aromatic Le Vassal de Mercuès 2012, the beautifully aged Château de Mercuès Icône Wow 2009 and the rich and full-bodied 2006 Château de Mercuès Malbec 6666.

We try each as the festival of food unfolds, starting with chef Julien Poisot's amuse-bouche of slow-cooked pig's feet. It's followed by gnocchi stuffed with duck liver and black Lalbenque truffles; roast pike-perch and beetroot panache; golden-brown veal sweetbreads with mash, laurel sauce and more Lalbenque truffles; and a soft white-crusted Brillat Savarin cheese with still more of those Lalbenque truffles. The château is only 32 kilometres north of the village of Lalbenque, famous for its annual truffle festival.

The meal ends with an Honduran chocolate mousse with creamy praline and, not wanting to repeat my performance with Monsieur Trama, I manage to eat everything on my plate before returning to my tower to sleep the slightly perturbed slumber of the overfed.

A word on happiness. A six-course meal in a bishop's summer residence with wine and food from the surrounding fields is one obvious – and highly privileged – path to happiness. Another is the joy of discovering historic villages on the drive north-east from Château de Mercuès into the Dordogne Valley.>

FRENCH LEAVE

Restaurant and hotel
Michel Trama. Opposite,
from top: chef Michel
Trama; Trama's burger
de foie gras; Château de
Mercuès; the Baroque
interior at Michel Trama.



A six-course meal in a bishop's summer residence
with wine and food from the fields is one obvious
and privileged ***path to happiness.***



We stop at the village of Rocamadour. It's known for its goat's cheese but famous for its wooden Black Madonna statue, venerated by tens of thousands of pilgrims each year, many of whom climb a grand staircase to the vast World Heritage basilica and chapel at the top of the cliff face.

Less than an hour later we're in La Roque-Gageac, considered one of the most beautiful villages in France and, yes, call me a hopeless romantic, but I'm already plotting a long writing sabbatical here – perhaps in the stone cottage we see in a garden, from where I'll have a kingfisher's view of the long flat-bottomed boats that drift down the Dordogne.

Our next destination is Château de la Treyne, a fortress dating back to the 14th century, set in 120 hectares of forest and parkland overlooking the Dordogne. Close to the village of Lacave, it's one of more than a thousand castles between here and Bordeaux and, having become a château expert during the past six days, I'm hard-pressed to imagine a more inviting one.

"Some castles are like museums," says owner Philippe Gombert, who also happens to be president of Relais & Châteaux. "But this is an easy-living castle. We want people to be happy and comfortable here."

Within minutes of being shown my room, I reconsider my decision to move to La Roque-Gageac. Instead, I'll take up residence in my master suite, with its ceiling traced in Gothic woodwork, golden bath and electric windows.

This was once a 16th-century lair for Pierre de la Ramiere, Lord of La Treyne, the French Huguenot leader and friend of King Henry IV. Centuries later, in World War II, a large part of the Louvre's Egyptian collection was kept here before the German occupation of Paris. The treasures were spirited out of the museum by curator André Chamson, who later joined the Résistance and went on to become director of the National Archives. In my overindulged state, I can't help thinking that had history been more benevolent it would have been him being honoured here tonight in the Grand Salon instead of me.>

CHÂTEAU IN THE AIR

Château de Mercuès.
Opposite, clockwise from
top left: Mercuès chef
Julien Poisot; La
Roque-Gageac on the
bank of the Dordogne; a
suite at Château de
Mercuès; Poisot's cod
flakes with mashed herb
potatoes and trout eggs.



La Roque-Gageac, one of the *most beautiful villages* in France, has a kingfisher's view of the Dordogne River.



CRUISE CONTROL

From below: Philippe and Stéphanie Gombert; Rocamadour, famous for its Black Madonna; Stéphane Andrieux's green asparagus and truffled poached egg. Opposite: Château de la Treyne in Lacave.

Chef Stéphane Andrieux has prepared green asparagus with a truffled poached egg, followed by millefeuille of Limousin beef and foie gras with potato purée and red wine, roast Quercy lamb with gratin dauphinois, and coconut and strawberry mousse matched with a glass of Muscat de Rivesaltes and, finally, 10 cheeses served on a tray almost the size of a barnyard door.

"All our products come from within 120 kilometres from here," Gombert explains later. "Because the aim of all our Relais & Châteaux properties is to find harmony between where you are and what you find on your plate. That is how we share with our guests what is beautiful and good in life."

The beautiful and the good must inevitably come to an end and it does for us on the outskirts of Limoges, the city in the western foothills of the Massif Central, known for its exquisite porcelain.

Our lodgings are at La Chapelle Saint-Martin, once the private residence of a 19th-century porcelain manufacturer and owned since 1970 by the Dudognon family, who bred Limousin cattle before turning their attention to vintage cars and hotel management.

Today the property is run by Gilles Dudognon and his wife, Aude, and to say that Gilles is something of a celebrity in Limoges is like saying the French love their cheese. He's a collector of art and vintage cars, the owner and chef of La Chapelle Saint-Martin, and owner of several other properties in Limoges, including a former Carmelite convent that has been turned into a restaurant now specialising in wood-fired beef.

The Dudognons are frantically busy when we arrive. Monsieur Dudognon is preparing food off-site for 500 guests at the opening of a porcelain exhibition in Limoges tomorrow night. They're catering a Moroccan dinner for 50 elsewhere in town, and preparing a cocktail party for 220 in a few days' time.



La Chapelle Saint-Martin feels deserted and, despite Madame Dudognon's protestations to the contrary, it appears we have come at a less-than-opportune time.

This is a blessing in disguise, however. When the first two courses of dinner arrive – trotters with slices of foie gras, and foie gras in a cranberry pistachio sauce – I'm able to pass both to photographer Anthony Lanneretonne without being observed. He eats double portions of both, before declaring that he, too, is unlikely to ever eat foie gras again.

But this is another dimension to happiness: an Australian and a Frenchman extending the bonds of fraternity over dinner, but then – at least in my case – having the liberty to finally say *non, ça suffit*. Enough is enough. ☺

THE ROADS TO HAPPINESS

Relais & Châteaux was founded in France in 1954 by two music-hall artists, Marcel and Nelly Tilloy, who, during World War II, bought a hotel restaurant in the Rhône Valley called The Cardinal. They convinced seven of their hotelier and restaurateur friends to create an association based on shared values of quality, lifestyle and gastronomy, and to open their properties to the discerning wayfarer under the slogan of "La Route du Bonheur".

There are 530 properties in the group Relais & Châteaux in 64 countries, each with its own routes du bonheur, or suggested driving itineraries – from castles in Spain and cottages in England to riads in Morocco and ranches in the United States.

The *Gourmet Traveller* team undertook the route du bonheur in style, in a **BMW 640d Gran Coupé** with TwinPower turbo technology (to get technical, this combines high-precision direct fuel injection with continuously adjusting camshaft positions for both the intake and exhaust valves). In terms of dynamics, comfort, technology and design elegance, it would be hard to imagine a more innovative or luxurious form of transport through the fields of south-western France. The car features a Connected Drive navigation package, Dakota leather trim, electrically adjustable seats (including memory function), two-zone automatic climate control, heated exterior mirrors, an iDrive operating system with touch controller, state-of-the-art suspension technology and carbon-dioxide emissions said by the manufacturer to be the lowest carbon-dioxide emissions for a car this size. We like.





THE FINE PRINT

GETTING THERE

Singapore Airlines flies from Sydney, Melbourne, Adelaide, Brisbane and Perth to Paris via Singapore, with a direct flight daily from Singapore to Charles de Gaulle Airport. singaporeair.com

Trains from Paris to Bordeaux take 3 hours and 15 minutes; flights leave Paris Orly. Our route du bonheur, a 690-kilometre round trip, starts at Le Saint-James Bouliac, just out of Bordeaux. Relais & Chateaux has 64 routes arranged by destination and theme. relaischateaux.com

STAY

Le Saint-James Bouliac

3 Place Camille Hostein,
Bouliac, Gironde,
+33 557 970 600,
relaischateaux.com/stjames

Trama 52 Rue Royal,
Puymirol, +33 553 953 146,
relaischateaux.com/aubergade

Château de Mercuès

Rue du Château, Mercuès,
Lot +33 65 200 001,
relaischateaux.com/mercues

Château de la Treyne

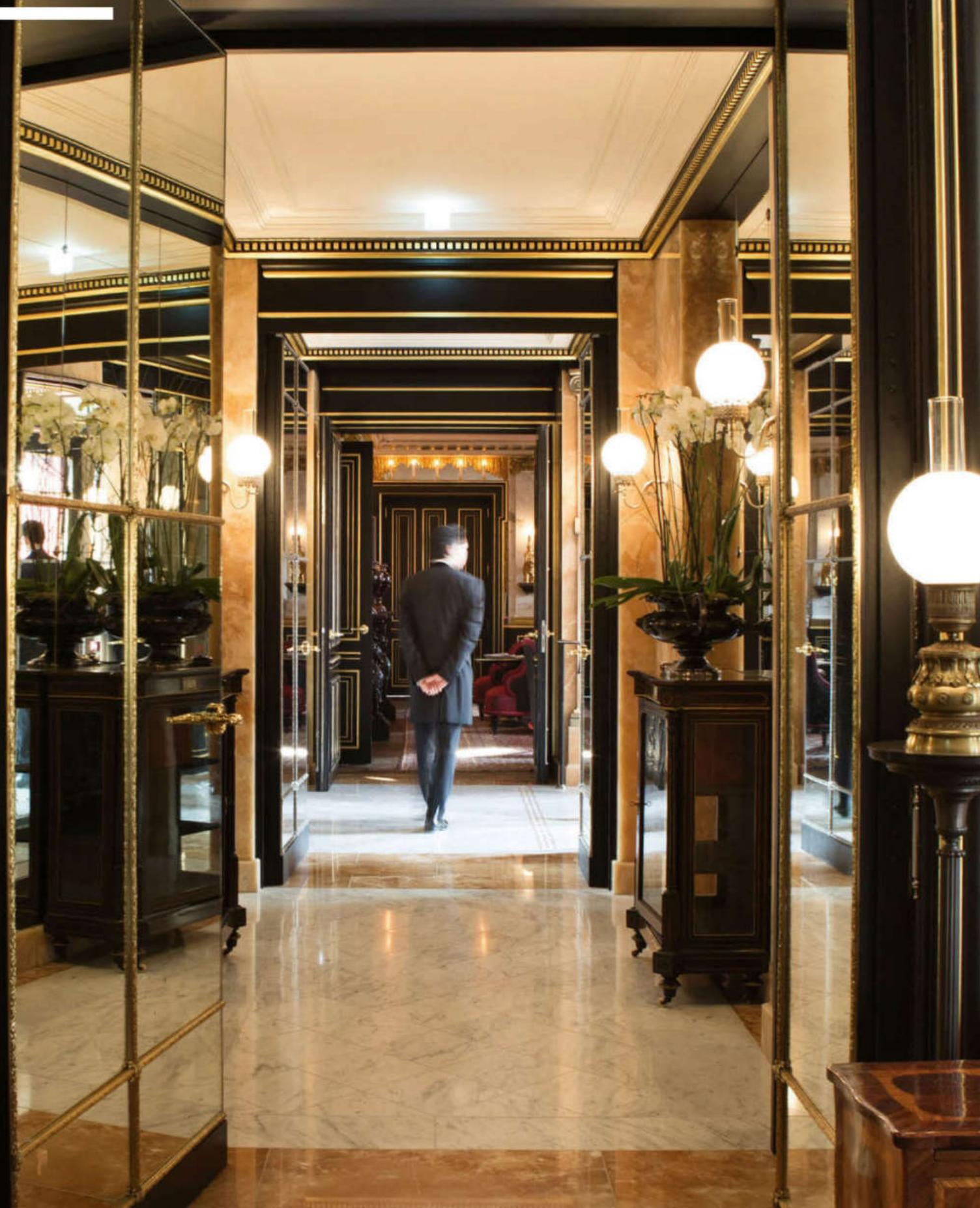
Lacave, Lot,
+33 565 276 060,
relaischateaux.com/treyne

La Chapelle Saint-Martin

33 Saint-Martin-du-Fault,
Nieul, Haute-Vienne,
+33 555 758 017,
relaischateaux.com/chapelle

GRAND RESERVE

La Réserve, a “private urban mansion”.
Opposite: a Parisian
Roofs suite at Grand
Pigalle Hotel.

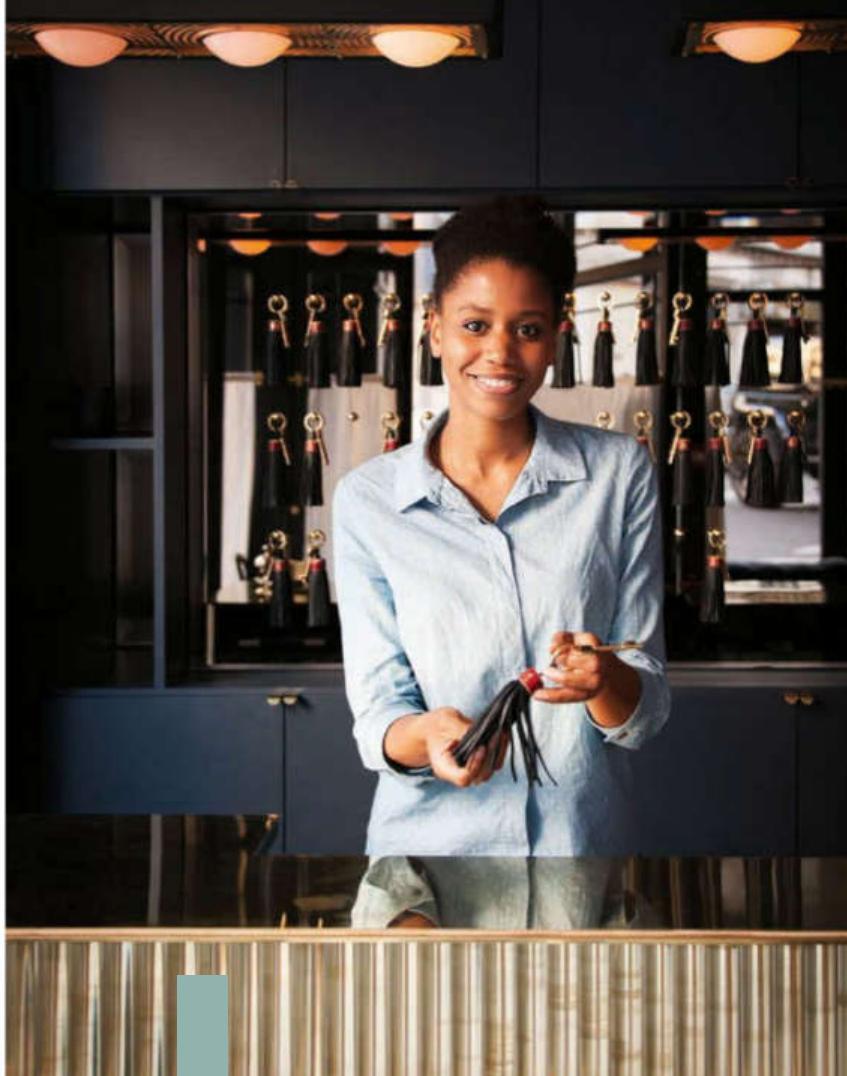


salon treatment

A private mansion in the 8th, a seductive maison of boudoirs and a neighbourhood hangout in South Pigalle – three boutique lodgings are redefining Paris hotel chic, writes *Susan Owens*.

PHOTOGRAPHY PAUL BOWYER





In a city defined by Belle Époque grandeur, the celebrated palace hotels of the French capital are becoming more competitive, investing in more rooms and lavishing attention on ever-smaller details. Recent high-luxe arrivals with 100-plus rooms – The Peninsula Paris, Mandarin Oriental Paris and Shangri-La Hotel Paris – have headquarters in Asia and blend their own sense of style with French character. Hôtel Plaza Athénée, meanwhile, reopened last year after a \$320 million makeover of its 154 rooms and 54 suites. And within the coming year, the Crillon and the Ritz are set to emerge from long beauty sleeps.

On a scale more petite than palatial, however, are three new hotels that have redefined Parisian hotel chic: a very private mansion at the lower end of the Champs-Élysées, a former pleasure house in Pigalle, and the first hotel by the Experimental Group, best known for the coolest cocktail bars in Europe.

LA RÉSERVE

Swiss hotelier Michel Reybier spared no expense in the renovation of a 19th-century palace on Avenue Gabriel, just a few steps from the Élysée Palace, the presidential residence. Once owned by Napoleon III's half-brother,

BELLES DE NUIT

Above: Grand Pigalle Hotel. Opposite, clockwise from top left: La Réserve; the bar at Maison Souquet; the bathroom of a SoPi room at Grand Pigalle Hotel and the hotel's bar; a two-bedroom suite at Maison Souquet.

the Duc de Morny, and more recently the home of Pierre Cardin, the Haussmann-era house of 14 rooms and 26 suites, many with Eiffel Tower views, overlooks a garden near Élysée Palace. More than 120 artisans, including some from the Louvre, uncovered original cornices and mouldings that had been concealed by false ceilings, laid 250 tonnes of marble and draped 6000 metres of fabric during the two-year project. Interiors blending opulence and “intelligent luxury” were fashioned by the maverick architect and designer Jacques Garcia, France’s most feted stylist.

Now the herringbone oak parquet is gleaming and the foyer is rich in period detail, hung with silk damask, furnished with a Louis XV central chaise and styled with Chinoiserie and French works of art. There’s a warm but discreet welcome here, then it’s straight to your room for check-in. We like details such as stocked cellars in each room, glass speakers for wireless streaming from your personal device and a kettle with thermometer that ensures water for your herbal tea is just below boiling point.

Reybier describes his first Paris hotel, the latest in his growing portfolio of European properties, as a “private urban mansion” with a “family” atmosphere – albeit a particularly aristocratic and private family.

Much of the hotel, which opened in January, is for the use of guests only, reinforcing the sense of exclusivity in an extensive gallery-library overlooking the garden, a smoking lounge (people still do), the spa and a 16-metre swimming pool.

Chef Jérôme Banctel, most recently executive chef at Senderens (owned by Alain Senderens, who famously gave back the three Michelin stars he held for 28 years), is in charge of the hotel’s 40-seat restaurant, Le Gabriel. His French-inspired menus are contemporary and seasonal with occasional Japanese influences, seen in tempura asparagus or salmon marinated in miso. We love his classic chocolate soufflé at dinner and the “wellness” menu at breakfast, with gluten- and lactose-free options.

A special touch is a customised red nail varnish to be sold in the hotel’s spa by Christmas. It’s the same rich, luxurious red painted on the entrance – a perfect memento. *Rooms from \$1282. La Réserve, 42 Avenue Gabriel, 75008, lareserve-paris.com*

MAISON SOUQUET

Designer Jacques Garcia has been at work again – this time on a former *maison close*, an upmarket brothel, in Pigalle. In the shadow of the Moulin Rouge, Maison Souquet’s history is as colourful as the cancan and the courtesans who once entertained their clients here.



Garcia and co-owner Sylviane Sanz sourced fin de siècle Oriental panelling, chandeliers, paintings and historic books from across France and Belgium to create a red-velvet, naughty-but-nice sense of glamour in the hotel's 20 guest rooms and suites, salons and spa. The darkened pool, meanwhile, is crowned by twinkling lights set in a cobalt-blue ceiling.

"The day Jacques saw the building he fell in love with it," Sanz says. "He's an aesthete and completely saw that a refurbishment would deliver an entirely new hotel experience." Sanz and her business partner, Yoni Aidan, spent months researching the history of the property and its neighbourhood before work began.

"In Belgium, which was such a rich resource for us, I found 82 miniature carved faces in the former home of an aristocrat," she says. These faces now gaze at the central chandelier from bookshelves lining the main salon. The 19th-century central chaise was found at famed French auction house Drouot.

Opened in March, Maison Souquet is possibly the sexiest hotel in the city. It's unremarkable from the street, but the come-hither mood is set immediately in its Oriental salon at the entrance, which leads to a library and a courtyard with walls covered in ivy and jasmine. "It's splendid if you choose to imagine days past, the Belle Époque, and have a desire to immerse yourself in a decadent period of Parisian history," Sanz says.

The main salon is the perfect spot to try Secrets of the Unicorn, a house cocktail made from 12-year-old rum, chai spices and Port wine. Come morning, the room is dressed for breakfast, and by afternoon it's ready for tea.

There's no restaurant at the hotel, but the butler will order in from nearby restaurants or make>





a reservation – you're spoilt for dining choices in this part of town. And it's the perfect location for night owls – among the clubs nearby is David Lynch's Silencio.

Each of the guest rooms is individually decorated and named after a courtesan, including the most famous of them all, La Païva. You may well find her portrait above your bed. *Rooms from \$600. Maison Souquet, 10 rue de Bruxelles, 75009, maisonssouquet.com*

GRAND PIGALLE HOTEL

This is the first hotel by the trio of French childhood friends who founded the Experimental Cocktail Club in Paris in 2007. Romée de Goriainoff, Olivier Bon and Pierre-Charles Cros followed with more clubs in

TOUT DE SUITES

Clockwise from top left: the marble bathroom of a suite at La Réserve; a junior suite at Maison Souquet; cocktails are served at Grand Pigalle Hotel's wine bar.

London, New York and Ibiza. With each new opening they've boosted their reputation for inventive New York-inspired cocktails and live music.

They chose Pigalle for their first hotel because of its potential. "It's in an area that is today where the Marais was 10 years ago," says Bon. The partners worked with French interior designer Dorothée Meilichzon, who has styled rooms with 1950s-inspired furniture and restored original mouldings and fireplaces, keeping local appeal in mind. "This hotel has to be attractive to Parisians," says Meilichzon. Bon adds, "It's a hotel where the experience makes you feel like a local, where your horizons expand in an area that is upcoming."

There are few clues that it's a hotel; passersby are likely to be drawn to its street-front Italian-style wine bar. That unobtrusive desk at the side of the bar is the check-in. Beyond the bar, the dining room extends in an L-shape and it's buzzing daily from breakfast to late-night dinner. That includes Saturday and Sunday brunch, and a tapas menu from 6pm.

The hotel's 37 rooms are flooded with light, their well-designed bathrooms stocked with products by Buly, one of the coolest new beauty houses in Paris. While it has all the high-tech features ticked, many are concealed, including televisions. "I hate TVs," Bon confesses. *Rooms from \$320. Grand Pigalle Hotel, 29 rue Victor Masse, 75009, grandpigalle.com* ●



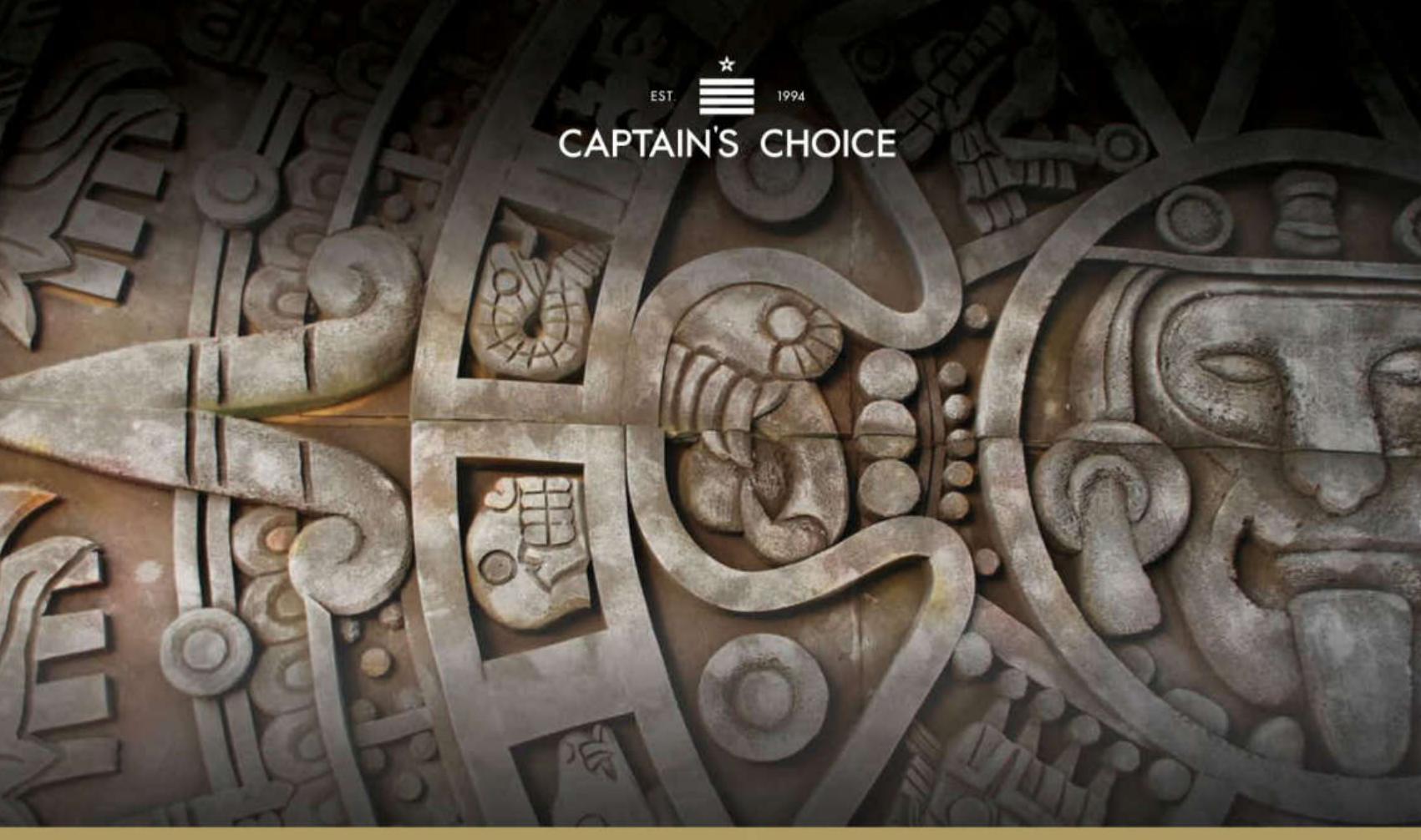
HOUSES OF REPUTE

Maison Souquet. Right: Le Gabriel restaurant at La Réserve and (below) the hotel's library. Below left: red mullet with grilled fennel at Grand Pigalle Hotel.



"Maison Souquet is splendid if you choose to imagine days past, the Belle Époque, and want to **immerse yourself** in a decadent period of Parisian history."





MEXICO REVEALED

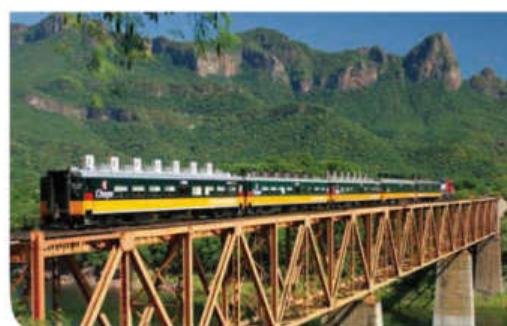
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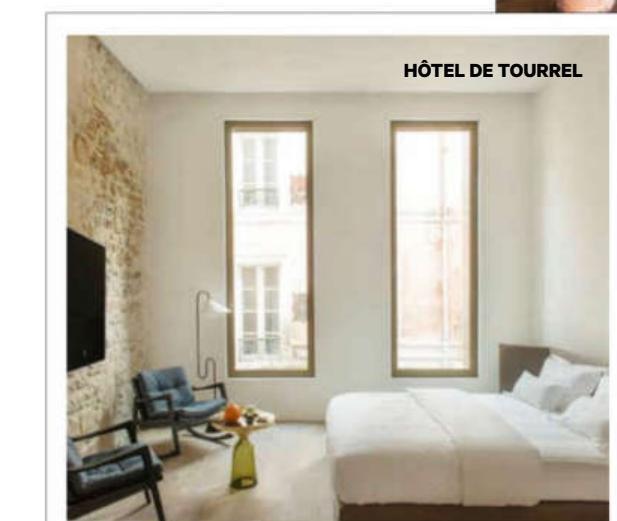
WHERE TO BE & WHAT TO SEE AROUND THE WORLD

EDITED BY HELEN ANDERSON

JET SET

There's comfort, then there's cashmere, and then there's Chanel. The latest accessories from the French house – grey-hued cashmere eye mask, and merino-cashmere blend travel blanket and cushion – take cosy to dizzying new heights. Private jets at the ready: this is sky-high chic. Chanel eye mask, \$750, travel blanket, \$1760, cushion, \$810. 1300 242 635.

chanel.com MAGGIE SCARDIFIELD



Starry Provence

Saint-Rémy-de-Provence has all the slow charm of a Provençal market town with the attractions of a much bigger metropolis. Twenty kilometres from Avignon, the town is synonymous with Vincent Van Gogh, who produced about 150 paintings during a year here, and it remains a favourite with the many artists who live and work in the region.

Adding to the appeal of St-Rémy's galleries, Roman ruins, boutiques and a handful of highly regarded restaurants is the new seven-suite Hôtel de Tourrel. The impressive stone features of a 17-century mansion in the centre of town are matched with cool white walls, parquet floors and a mix of handmade and mid-century furnishings. Room Two is said to be the salon in which Charles Gounod's opera *Mireille* premiered in 1863. There's a "nouveau Mediterranean" restaurant on the ground floor and a wine bar stocked with grand crus and labels from some of the 34 nearby appellations. *Rooms from around \$550, 5 rue Carnot, 13210, Saint-Rémy-de-Provence, France, designhotels.com*



SOHO FARMHOUSE IN OXFORDSHIRE

LUXE FARM STAY

Oxford accent

Hair stylists and Wellington boots are at the ready at an Oxfordshire family retreat.

Even the simplest holiday propositions are increasingly luxurious. Take, for example, the newest family-friendly farm stay in the English countryside, which mixes horse-riding, spa treatments and cocktail classes with lodgings in an 18th-century farmhouse and 40 rustic-chic cabins.



Soho Farmhouse in Oxfordshire, set on a 40-hectare farm about 90 minutes' drive from London, promises all the charms of country living – rolling green hills, crisp country air, rowboats on a lake – without sacrificing the comforts of city life.

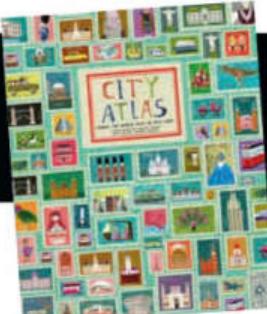
The latest project by the prolific Soho House Group, which has 14 properties scattered from Manhattan to Mayfair, features a Cowshed Relax spa with sauna, steam and ice baths, nine treatment rooms, a mud room and hair stylists from Notting Hill salon Josh Wood.

Michelin-starred chef Tom Aikens and Andy Cook oversee three restaurants – the Boathouse for pizza and grills, The Main Barn for all-day dining, and The Farmshack, with its wood grill and smoke cabin, for hearty stews, slow roasts and ribs. Much of the produce will be sourced from the farm's gardens. There's also a deli, cellar, pickling room and charcuterie cave for cottage cooking.

There'll be scarcely a moment to spare, with tennis courts, a cinema, a football pitch, bicycles, winter ice rink, a heated lakeside pool and cooking school as diversions.

It wouldn't be British if there wasn't a local pub, and the dog-friendly Mill Room – the hotel group's first pub – pours local ales and ciders. Just make sure you're dressed for the occasion – this might be the country but the Soho House set is as fashionable at the farm as in the Meatpacking District. *Soho Farmhouse, Great Tew, Chipping Norton, Oxfordshire, sohofarmhouse.com. Cabins from around \$490 a night.* ALICE CAVANAGH

PHOTOGRAPHY WILL HORNER (CHANEL)



PICTURE THIS Before travelling en famille, prepare the entourage with this primer on 30 cities, including child-friendly attractions, delivered in charming sketches. *City Atlas*, illustrated by Martin Haake, written by Georgia Cherry (Murdoch Books, \$35).

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TRIP OF A LIFETIME



GALLIPOLI

LUKE SCIBERRAS

Artist

"I was invited to join a clutch of Australia's leading landscape artists on a trip to Gallipoli to paint the varying terrains of the Gallipoli peninsula. Many of us had travelled together before, but this trip had quite a different tone to any raucous sojourn in the Australian desert.

"It was the centenary of the landing of the Australian troops in the First World War; this was a learning curve steeper than any of us could have imagined – and a great outpouring of works came from this one tremendous trip.

"We spent days there in a very privileged position with access to the bushland, beaches and lookouts. From the forests on the hilltops to the high clay escarpments that plunge down to the glistening Aegean Sea, there is a tremendous beauty in Gallipoli's windswept peninsula and I was faced with an entirely new geographical palette.

"Day after day we dragged our materials to various vantage points trying to wrest some kind of sense of the place in paint. There was a quiet reflection and a tenderness to everyone's approach.

"This is a landscape steeped in a long

CEMETERY AT GALLIPOLI



SCIBERRAS'S WILCANNIA STUDY FOR
FISH IN A BARREL II, GALLIPOLI (2015)

"A great outpouring of works came from this tremendous trip."

history, and there was camaraderie derived from the understanding that we were each embarking on an entirely new body of work.

"Invariably the evenings were spent comparing notes (or not) around convivial tables spread with local wines and freshly caught fish.

"One evening we descended on a small and beautiful farm that had a marvellous outdoor kitchen and long tables under tangled grapevines. Having plundered the local markets and scoured

the shops for shellfish, saffron, tomatoes and vegetables for stock, we set about cooking a meal for a family of Turkish farmers. There was a great clanging, barking, ordering and setting of tables under way – before the Australian bouillabaisse we had prepared was carried to the table.

"Together, almost 30 of us tucked into the aromatic juices, sweet and savoury. The whole experience was totally enchanting."

Luke Sciberras is represented by Olsen Irwin Gallery in Sydney and Scott Livesey Galleries in Melbourne.
MAGGIE SCARDIFIELD



Hit of the townhouse

When the Zetter Hotel in London's Clerkenwell district opened in 2004 it was a hit for its chic looks, affordable prices and, since 2010, its restaurant by chef Bruno Loubet. In 2011 the hotel expanded with Zetter Townhouse in the same Georgian square, which added more rooms plus a cool cocktail bar. Now a third branch has opened, in Marylebone – close to Hyde Park, Marble Arch station and the West End's shops and nightlife. Zetter Townhouse Marylebone's 24 rooms are styled in a quirky faux-Edwardian look that highlights the grandeur of the six-storey building. There's no restaurant, but the bar is cutting-edge. Rooms from around \$560, 28-30 Seymour St, London, thezettertownhouse.com

GUY DIMOND

VANITY CASE ROUGE ALERT

Apply a dash of Parisian panache with a simple yet effective touch of red for the perfect pout.

1 MAC Viva Glam Miley Cyrus Lipstick, \$36. maccosmetics.com.au

2 URBAN DECAY Matte Revolution Lipstick in Matte Temper, \$32. mecca.com.au

3 GIVENCHY Le Rouge-à-Porter in Rouge Atelier, \$59. (02) 9221 5703

4 CHANEL Rouge Allure Velvet in La Bouleversante, \$52. 1300 242 635

5 ESTÉE LAUDER Pure Color Envy Matte Lipstick in Decisive Poppy, \$50. esteelauder.com.au





WINE OVER WATER

Leading Australian vintners – Darren Davis and Amy White of Seppeltsfield, Bruce Tyrrell, John Tomich, and Nathan Waks of Kilikanoon Wines among them – will join APT's new wine ambassador program on its river cruises. The winemakers will sail on select European departures from June next year, with new cruises scheduled for the Douro, Danube, Mosel, Rhône, Rhine and Seine rivers. The ambassadors will host regional wine tastings on board, join guests on vineyard excursions, and choose wine pairings for special dinners. aptouring.com.au

CURTIS DÉBUTS

Melbourne-born, LA-based chef Curtis Stone has been signed to revamp dining across Princess Cruises' 18 ships. From this month, Stone's menus will roll out on *Golden Princess*, and the chef's first restaurant at sea, called Share, will open on *Emerald Princess* in December. princess.com

AIR AND SEA

Crystal Cruises launches its first yachting venture – the 62-passenger, all-suite *Crystal Esprit* – when it embarks on its maiden voyage to the Seychelles in December. Further growth is planned for 2017 when Crystal's river cruises are launched and a Boeing 787 Dreamliner joins the fleet. The Crystal jet, which would typically seat 300, will fly just 60 on round-the-world trips as part of the company's new luxury air program. crystalcruises.com

NEW MUSE

Construction has begun on the newest vessel for Silversea Cruises: the 40,000 tonne *Silver Muse*. Currently being built in Genoa, Italy, and set to débüt in spring 2017, *Silver Muse* is the ninth ship in the fleet. silversea.com

EUROPEAN QUEST

Lindblad Expeditions has announced its inaugural European season on the luxury *National Geographic Orion* next year. The program includes 11 one-week itineraries and 22 sailings to Portugal, Spain, Belgium and the Baltic republics, among other destinations. Guests are encouraged to hop on and off between ports, with side expeditions such as kayaking in Scandinavia's Weather Islands and fishing in Galicia part of the mix. expeditions.com

MAGGIE SCARDIFIELD



DOURO VALLEY, AN APT WINE DESTINATION

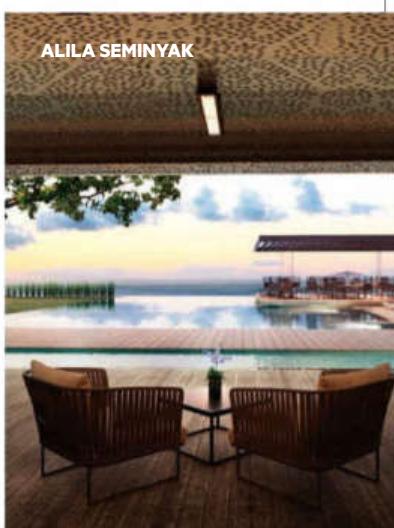
CONNECTED IN HONG KONG

A smartphone preloaded with maps and city apps and available for free calls and WiFi tethering is available to guests at the new Cordis, Hong Kong, formerly Langham Place, Mongkok. The first in Langham's "upscale", service-focused brand, the 664-room Cordis has been extensively renovated. Even the air is customised with a signature scent called Sparkling Mint.

Best of three

Just when we wondered if Bali could sustain another high-end hideaway, the much-anticipated Alila Seminyak is due to open this month on a stretch of beachfront near Petitengen Temple in the heart of Seminyak's retail throng. The group's fifth hotel in Bali is bigger than its usual boutique scale – 240 rooms in signature pared-back style, with a beachfront restaurant, spa, gym and plenty of vertical and rooftop greenery.

It's the first of a trio of Alila openings this year and among 19 properties being developed by 2018. Due to open next month is an Alila city retreat in Solo, Central Java, known for its art scene and an hour's drive from Borobudur, the world's largest Buddhist temple. And the group's first property in China, Alila Anji, is due to open in December among the white-tea estates and bamboo groves of Zhejiang province, used as the location for *Crouching Tiger, Hidden Dragon*. alilahotels.com



ALILA SEMINYAK



October

IS A GREAT MONTH TO...

For a Sunday out with the family, the **October Giant Picnic** at Sydney's Barangaroo Point Reserve (4 October) serves up picnic food such as smoked fish from John Susman, Gardener, chef and holistic teacher Shelley Pryor hosts an **Organic Living Retreat** at Gwinganna (1-4 October). There's nothing restful about this year's **Melbourne Festival** (8-25 October); an extravagant program of dance, theatre, and

arts popping up across the city. Don lederhosen at the Brisbane Showgrounds for **Oktoberfest** (9-11 and 16-18 October); or in Sydney, beer block parties are the calling cards of **Sydney Craft Beer Week** (17-25 October). Chef Shannon Bennett swaps Melbourne's CBD for the blue lagoons of **Laucala Island** resort in Fiji (23-25 October); fishing tours and cooking demonstrations are part of the long weekend. Join Parisians in Montmartre for **Fête des Vendanges** (7-11 October), celebrating the area's wine harvesting history. Catch a showcase of Chanel couture entitled **Mademoiselle Privé** (13 October - 1 November) at Saatchi Gallery, London.

BLADE RUNNER Open wine bottles, saw wood, strip wire, tighten screws – approach outdoor adventures or life's minor emergencies with a RangerWood 55 in hand, with a Swiss walnut handle and blades capable of 10 functions. Priced \$189. victorinox.com



French hot spot

The secret to my appetising entrée is prime produce, a touch of savoir faire and my trusty Tefal® non-stick pan.

Potato blini with smoked salmon and crème fraîche

Prep 15 mins, cook 1 hr

Makes 12

600 gm Desiree potatoes, scrubbed

30 gm plain flour

3 eggs

2 egg yolks

80 gm crème fraîche, plus extra to serve

2 tbsp finely chopped chives, plus extra to serve

250 gm smoked salmon

1 Preheat oven to 180°C. Place potatoes in oven and bake until tender when pierced with a sharp knife (45-60 minutes).

2 Halve potatoes, spoon fluffy insides from skins and pass through a ricer or drum sieve into a bowl.

3 Mix in flour, then add eggs, yolks and crème fraîche and combine well. Add chives and season with salt and freshly ground black pepper. Allow mixture to rest for 1½ hours.

4 Place an 26cm Tefal frying pan on medium heat, add a little oil, then drop in tablespoonfuls of batter to form 5cm rounds and cook, flipping once, until golden on both sides.

5 To serve, top blini with smoked salmon, crème fraîche and chives.

Happy cooking and

Bon Appétit!



Divine dining French style

Blini with salmon make an elegant entrée or perfect canapés to serve with drinks. Tefal's Thermo-Spot™, the smart heat indicator, takes the guesswork out of cooking. When the spot turns red you know the pan is at the correct heat, so the batter hits it at the ideal time, ensuring the blini turn out golden and just right. Plus, the non-stick coating means you need little or no oil and cleaning up is a breeze. C'est parfait.

Guillaume Brahimi

Award-winning chef and Tefal ambassador, Guillaume Brahimi.



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Thermo-Spot lets you know when the pan reaches the ideal temperature to start cooking. Now, that's innovation.

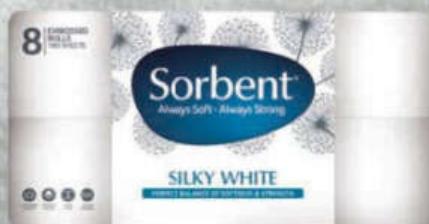
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IN THE BAG

LUGGAGE TAGS

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- 2 **OMG STYLE** leather luggage tag with anchor, \$49. hardtofind.com.au
- 3 **CORBAN & BLAIR** Basics Collection luggage tag, \$17.50. hardtofind.com.au
- 4 **PAPIER D'AMOUR** personalised goatskin leather luggage tag in gold, \$50. papierdamour.com.au
- 5 **SMYTHSON** Panama leather luggage tag, \$84. matchesfashion.com.au



PHOTOGRAPHY COURTESY OF HEART IBIZA (HEART IBIZA)

HEART IBIZA.
BELOW: FOUNDERS
ALBERT ADRIÀ,
GUY LALIBERTÉ
AND FERRAN ADRIÀ.



DESTINATION DINING

Cirque in Ibiza's soleil

Spain's Adrià brothers team with Cirque du Soleil founder for a heartfelt project.

Ibiza's reputation for hedonistic nightlife has never been matched by its culinary scene, which adds to the buzz around the opening of Heart Ibiza, a music, dining and theatrical venue that can accommodate a thousand people by Cirque du Soleil founder Guy Laliberté and Spain's famous chef brothers Albert and Ferran Adrià.

Heart Ibiza, in the Ibiza Gran Hotel complex in the main port, comprises Terrace, a collection of street food-inspired stalls and live performances upstairs, a fine-diner downstairs called Supper Club with cabaret performances in Cirque du Soleil style and, this being Ibiza, there's Club, for clubbing.

Most of the Terrace stalls serve one dish only, often with a twist. "We've taken inspiration from the freedom and fun of a

street-food market experience, a journey through countries like Japan, Peru, Spain and China," Albert says. Downstairs, Supper's menu continues the global journey with the likes of Galician lobster done Singapore chilli crab-style.

Quebec-born Laliberté, who lives in a clifftop estate on the island, sold the majority share of Cirque du Soleil to multinational investors this year, enabling him to focus on projects he hopes will raise Ibiza's cultural profile.

The idea of Heart was born in the late '90s, when Laliberté visited Ferran's legendary El Bulli, and in turn invited the brothers to see his latest production at the time, *Alegria*, in Barcelona.

Heart is a characteristically ambitious project for the trio, creating a light-hearted alternative to the island's typically more formal approach to dining.

"Fundamentally we want people to have a good time," says Albert, "to have them look forward to experiencing something unique, hoping that they leave with their expectations wildly exceeded."

*Passeig de Joan Carles I, 17, Ibiza,
heartibiza.com CHRISTOPHER ENGLISH*



HOT CHOCOLATE It's as stylish on the Côte d'Azur as the Champs-Élysées. Ten years after launching its Master Collection, Longines has added new sizes and models to the range, including this one with 18-carat rose-gold case and chocolate dial with diamonds. Priced \$3975. longines.com





BY CLIVE DORMAN



Qantas's decision to go back to the future and re-establish its own services on the nation's busiest holiday routes underscores just how ferocious the four-way battle for travellers' hearts and minds has become.

Soon after Virgin Australia reinvented itself in January 2012 – when it rebranded all-economy Virgin Blue and became a full-service carrier with business class – Qantas

had to start recasting its business model in which the main brand concentrated on the corporate market while low-cost subsidiary Jetstar specialised in cheap fares on leisure routes.

One of the first pennies to drop for Qantas was that it couldn't afford to leak market share to Virgin Australia on routes such as Melbourne and Sydney to the Gold Coast, where Virgin would suddenly have a monopoly on business-class service.

Qantas returned to the Gold Coast in October 2012

That's just one of the changes announced recently by Qantas on a raft of east-coast holiday routes.

"Offering both airlines [Qantas and Jetstar] on these routes means we can appeal to leisure travellers with Jetstar while Qantas caters for more premium leisure and business customers," says Qantas domestic chief executive Andrew David, the former CEO of Tigerair Australia. "Ultimately, it's about giving people more choice."

The changes show how competitive the market has

The Sunshine Coast is a key airline market of the future; with 300,000 residents and up to 300,000 visitors at any time, it has become one of Australia's biggest regional cities, after the Gold Coast.

The air routes between Maroochydore and Sydney and Melbourne are growing and the regional airport is planning a longer runway after the launch of the first international services, to Auckland, a year ago.

The council-owned and operated airport this year launched a "fly local"

capture a big proportion of those commuters.

This month Qantas reintroduces a daily 737 service from Melbourne to the Gold Coast. It has resumed non-stop flights from Melbourne to Hamilton Island, since Jetstar has been taken off that route to concentrate on low-fare services from Melbourne to nearby Proserpine, a few kilometres from the Whitsundays resort town of Airlie Beach.

"Qantas's costs are reduced," says Peter

New services to the Gold Coast and Sunshine Coast are among changes announced by Qantas on a raft of holiday routes.

with three return services a day to Sydney. Significantly, Qantas doesn't base an aircraft at Coolangatta, so it's still not possible for business travellers on the Gold Coast to catch an early Qantas flight to Sydney.

On that route, Virgin has the only early-morning flights from Coolangatta to Sydney – a situation that won't be rectified until February when a Qantas 737 will be based on the Gold Coast.

become – for holidaymakers and business travellers – since Australia became the first country in the world with two full-service carriers going head to head, each with a low-cost subsidiary.

From February – unofficially the start of the business year – Qantas for the first time will base one of its 20 Boeing 717s (either in service or on order) at Maroochydore airport on the Sunshine Coast to cater for the business market.

campaign to curb the "chicken run" of residents driving to Brisbane airport to fly domestically, frustrated by the absence of peak-hour services from Maroochydore. Airport general manager Peter Pallot estimates that 55 per cent of Sunshine Coast residents fly from Brisbane for this reason.

Qantas's new early-morning Maroochydore-Sydney flights starting in February are designed to

Harbison, one of Australia's foremost airline analysts and founder and executive chairman of Sydney's Centre for Aviation. "I think the relationship between Qantas and Jetstar is evolving, which is important."

Since Qantas created Jetstar in 2004, says Harbison, "there's been a constant learning process all the way through – shifting ingredients in the whole relationship." ●



NESPRESSO ON VIRGIN

At last, a coffee as good at 30,000 feet as the one you'd order on the ground. Virgin Australia has teamed with Nespresso to install purpose-built machines in its new domestic business-class cabins, the first such collaboration in the world. As well as good coffee and hand-delivered meals – trays and trolleys are

banished – the business-class cabins on the airline's Airbus A330 fleet, used primarily on its Perth-east coast routes, have the "longest and widest fully lie-flat bed in domestic business class in the world", says Virgin. virginaustralia.com.au

SINGAPORE'S PREMIUM

Singapore Airlines has launched its premium-economy cabins with an emphasis on the package as much as the seat pitch: priority check-in and baggage handling, 35-kilogram allowance, a choice of three main courses and the ability to pre-book meals included. singaporeair.com



WORK, PLAY, ROCKPOOL

These three words sum up Qantas's new Perth domestic business lounge in a sleek, Woods Bagot-designed nutshell. Among the reasons to check in early are fresh juices in the morning, menus and cocktails by Rockpool, and pizza cooked with house-made dough. Early risers will head to the coffee bar for barista brews and fresh croissants. The airline's west-coast waiting room has increased its capacity and can accommodate more than 350 guests in its designated work, dining and socialising areas. qantas.com.au

MAX VEENHUYZEN

Cooking THE BOOKS

Hungry to escape corporate life and convert your passion for food and wine into a career?

There's never been a time when we've loved to eat and drink out more than now, and opportunities are endless in the booming world of gourmet tourism. People have more awareness of what's on their plate, where it came from and who's cooking it. They want to know the stories behind the food and wine they're consuming, plus they spend more on food now and choose holiday destinations where they can enjoy unique culinary experiences.

If everything revolves around food and travel in your world, a course that combines these two interests should be the perfect match.

Photography: Joie Withers Photography
Southern Cross University CRICOS Provider: 03241G, Le Cordon Bleu CRICOS Provider: A-Q188E, NSW 02380M. This course is not available to international students studying in Australia.



FOOD FOR THOUGHT

Jane Duncan, tourism officer and current student of Le Cordon Bleu Master of Gastronomic Tourism.



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“A Perfect Day Out...”

Belle Magazine



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Port of call

Now linked to London by a direct Eurostar service, France's second city is riding a fresh wave of energy and creativity, writes **Rosa Jackson**.



STAY

Intercontinental Marseille

Hôtel Dieu

Opened in 2013, this 18th-century hospital in the Panier district has had the full luxe-hotel treatment while retaining historical features. It has stunning views of the port and Notre-Dame de la Garde cathedral, and refined food from starred chef Lionel Levy. His daring bouillabaisse milkshake has become a classic on the brasserie menu here. 1 Place David, ihg.com

Hôtel 96

Twenty minutes from the city centre, this secluded family-run hotel is the perfect base for exploring nearby beaches and hiking trails along the cliffs of the calanques. It combines the charm of its 19th-century architecture with an airy, modern feel and seasonal cuisine. 96 Avenue de la Soude, 13009, hotel96.com

DO

Famously cosmopolitan, Marseille has a thriving North African community that gathers daily (except

SUNDAYS) at the Noailles

market to stock up on local and international foods. On Wednesday mornings a popular **organic farmers' market** takes place along Cours Julien, which is also well known for street art. Nearby, the **Herboristerie du Père Blaize** (6 rue Méolan) is a 200-year-old herbalist's shop stocking remedies for almost any malady. Take a 20-minute boat ride from Vieux Port to the dramatic **Château d'If**, where Edmond Dantès was imprisoned in *The Count of Monte Cristo*. **Le Glacier du Roi** (4 Place de Lenche) produces extraordinary ice-cream using seasonal fruits, and **Comptoir O' Huiles** (38 rue Sainte-Françoise) stocks the best Provençal olive oils and has a long shared table where you can try dishes based on local products. **Où est Marius?** (48 rue du Lacydon) sells regional foods, handmade pottery and light cotton shirts, and **Le Panier des Créateurs** (13 rue du Petit Puits) stocks clothing, jewellery and accessories by local designers and artists.

PHOTOGRAPH ALAMY (MUCEM)

INSIDER TIPS

DON'T MISS

Taste real bouillabaisse at Chez Michel (restaurant-michel-13.fr) or Le Miramar (lemiramar.fr), and learn to make it in classes run by Miramar chef Christian Buffa or with Gilles Conchy (provence-gourmet.fr), who invites participants into his apartment.

SOAP ROMANCE

Just like bouillabaisse, the Marseilles' famed soap is often subject to counterfeits. True **savon de Marseille** is found at the century-old La Licorne (34 Cours Julien) and the recently opened La Grande Savonnerie (36 Grande Rue). ●

GETTING THERE A number of airlines, including **Qantas**, **British Airways** and **Singapore Airlines**, fly two stops from Australia to Marseilles. The **TGV** train from Paris takes about 3h; the new Eurostar service from London takes 6h 30m (raileurope.com.au). See visitprovence.com.



La Boîte à Sardine

This eatery serves a short menu of simple, tasty fare based on the local catch, perhaps sardine kefta, a salad with shredded skate wing or sautéed baby squid. *2 Boulevard de la Libération, laboiteasardine.com*

Chez Jeannot

Thanks to the many Neapolitans who've settled here, Marseille is famous for its pizza. Among the most atmospheric places to try the local version is this old-fashioned restaurant in the port of Vallon des Auffes. Though it's not listed on the menu, the most popular item is the half-anchovy, half-cheese pizza. *129 rue du Vallon des Auffes AM par Alexandre Mazzia*

Mazzia has become the face of culinary innovation in Marseille with his one-star restaurant. You won't find bouillabaisse on the menu, but you will taste the finest produce from local farmers and fishermen prepared with Asian and African influences – Mazzia spent his childhood in the Congo. Diners choose the number of courses they want, and a series of dishes appears like edible works of art. *9 rue François Rocca, alexandremazzia.com*





French polish

"Simplicity is the keynote of all true elegance," declared Coco Chanel. Follow her lead with these classic pieces and statement accessories.



1 Chanel earrings with diamantes, \$800. 2 Givenchy silk-crêpe and cotton-piqué dress, \$3909, from Net-a-Porter. 3 Dior Addict Lipstick in "Gotha #967", \$52, from David Jones. 4 Lanvin rabbit-felt hat, \$690, from Net-a-Porter. 5 Saint Laurent medium-sized camera bag, \$1795, from Parlour X. 6 Chloé wool trousers, \$1103, from Farfetch. 7 Chanel Le Vernis Nail Colour in "18 Rouge Noir", \$39. 8 Pierre Hardy suede pumps, \$791, from Matches Fashion. 9 A.P.C. textured cotton top, \$305, from My Theresa. 10 Louis Vuitton Pégase 55 travel case in Epi leather, \$6050. Stockists p199.

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Ladies in Black

Book by Carolyn Burns
Music and lyrics by Tim Finn
Based on Madeleine St John's
novel, *The Women in Black*



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Ladies In Black is supported by the Queensland Government through Arts Queensland.

NEXT MONTH

November

Get your glad rags on and roll out the invites –

that's right folks, it's the party issue and we're dishing out the goods to party like it's 2015.

FOOD

Supernormal

Andrew McConnell captures Melbourne's favourite modern-Asian diner in his new book, and we've got its party-friendliest picks.

Celebration cakes

Regardless of whether you still count candles, the cake can still maketh the party, and not least these beauties.

Party sandwiches

Kick it off with luxed-up clubs, chill it out with mozzarella and lemon toasties, and take it everywhere in between with these soigné bites.

This Must be the Place

Sydney's hottest new cocktail talent has all your party-starting needs ready to rock. Who's thirsty?

TRAVEL

Spice queen

There are pakoras and lassis, samosas and bhel puri. But above all there's goat on the menu as we join British-Indian chef Anjum Anand on her search for Hyderabad's finest biryani.

Road to Mandalay

In the land of a thousand pagodas, Rob Ingram finds the hypnotic progress of a riverboat on the Irrawaddy is an uncanny metaphor for the pace of change in Burma.

Life on Lizard

First there was Ita, then Nathan. After weathering two cyclones and reconstructions, Lizard Island resort is ready for its close-up.

ON SALE 26 OCTOBER

PANCAKES Black plate from Planet. Side plates and Cutipol cutlery from Mud Australia. Studio Enti Stardust dish (with sesame seeds) from The Design Hunter. Time & Style Moon glass from Ginkgo Leaf. All other props stylists own.

Stockists p199.

RECIPE ALICE STOREY PHOTOGRAPHY BEN DEARNEY
STYLING EMMA KNOWLES



Potato and mussel
pancakes with sesame
dipping sauce



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They're the flavours of the month, so put these items at the top of your wish list.



Stressless The new range of BalanceAdapt recliners and sofas provide unique comfort thanks to a responsive system that adjusts your sitting angle according to the movements of your body. stressless.com.au



Riedel The Heart to Heart Central Otago Pinot Noir glass has been designed to accentuate the typically fruit-forward and intense mineral style of the New Zealand wine region. Available from riedelglass.com.au, priced \$5995 per pair.



Domayne The on-trend matte grey finish and distinct hexagonal shapes on the aluminium "Structure" pendant light combine to create a richly textured look, adding contemporary style to your home. domayne.com.au



Scenic Cruise Europe's waterways from Amsterdam to Budapest on board a Scenic Space-Ship, from \$6795 per person, twin share. Book by 31 October 2015 for the best earlybird offers. 138 128, scenic.com.au



APT Explore some of the world's most enticing destinations on a Small Ship Cruise. Step aboard and set sail on a stylish voyage of discovery that's out of reach for the ordinary traveller. Call 1300 335 714 or visit aptouring.com.au/SmallShip2016.



KitchenAid The Platinum Stand Mixer is designed to perform and built to last. For ultimate versatility, the attachment hub transforms the mixer into a pasta-maker, grinder, slicer, sausage-maker and much more. kitchenaid.com.au



Raymond Weil This striking timepiece from the Raymond Weil ladies Noemia collection features a yellow gold-coated case, mother of pearl and diamond-set dial, and diamond-set bezel. Priced \$2995. (02) 9363 1088



Vintec Cellar and serve wine and beer with Vintec's stainless steel built-in cabinets. Combine the climate-controlled wine cabinet for cellaring with a beer and wine bar for serving. Each cabinet is priced \$1800. vintec.com.au



Captain's Choice As VIP guests of Grand Hyatt hotels, go behind the scenes and gain culinary insights that money can't buy with "An Asian Dégustation". Brochure out now. Call 1300 163 958 or visit captainschoice.com.au.

Gourmet shopping

They're the flavours of the month, so put these items at the top of your wish list.

10



Le Creuset To celebrate the 90th anniversary of the world-renowned cookware brand, Le Creuset has released the limited-edition cast iron La Cocotte Originale, a replica of its very first casserole. lecreuset.com.au

11



Miele Equipped with automatic programmes and innovative MultiSteam technology, the versatile DG 6401 delivers exceptional steam distribution to create the most flavoursome cooking results. Priced \$3599. miele.com.au

12



Canturi Inspired by the beauty of the night sky, "Stella" by Stefano Canturi, featuring an Australian black sapphire surrounded by diamonds, joins the timeless Cubism collection. 1300 883 883, canturi.com

13



Castello The new White with Truffle from Castello is a rich, soft, smooth double-cream cheese with shavings of black truffle throughout. Available from Woolworths and independent retailers. castellocheese.com

14



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Marmalade soufflés

**Prep time 15 mins, cook 20 mins
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Makes 4

2½ tbsp orange marmalade
40 ml Grand Marnier
Squeeze of lemon juice
Softened butter, for greasing
1½ tbsp caster sugar, plus extra
for dusting
120 ml eggwhite (about 4)
Pure icing sugar, for dusting

Spiced orange custard

300 ml pouring cream
3 cinnamon quills
1 vanilla bean, split and seeds scraped
½ tsp finely grated nutmeg
Finely grated rind and juice of 1 orange
3 egg yolks
40 gm caster sugar
30 ml Grand Marnier

1 For spiced orange custard, bring cream, spices and orange rind to a simmer in a saucepan over medium-high heat. Leave to infuse for 15 minutes, then return to the boil. Whisk yolks, sugar and orange juice in a bowl until pale, pour in cream mixture, whisking to combine. Return to pan and stir continuously until thick (4-5 minutes). Strain into a bowl, whisk in Grand Marnier and refrigerate until chilled.

2 Preheat oven to 220°C (no fan). Stir marmalade and Grand Marnier in a small saucepan over low heat until melted. Stir in lemon juice and set aside to cool. Butter four 200ml ovenproof ramekins and dust with sugar. Whisk eggwhite in an electric mixer until soft peaks form, then gradually add caster sugar, whisking continuously until glossy. Fold in marmalade mixture to just combine, spoon into ramekins, level tops with a spatula and run your finger around the edge of each ramekin to clean (this helps the soufflés rise). Bake until well risen and golden (8-10 minutes). Dust with icing sugar and serve with the orange custard. ●

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DESSERT

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